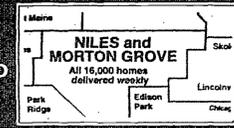




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THURSDAY, OCTOBER 5, 2000

VOL. 44, NO. 15

Village of Niles 2000 Leaf Pickup Service

The Village of Niles will again offer leaf pickup service this year to residents. The leaf pickup program runs from mid-October through late November, and is provided to residents every other week according to the following schedule.

For residents living East of Milwaukee Avenue, pickup begins on the following Mondays and continues through that week. Residents should place their leaves in the curb on the appropriate Monday for pickup during the week. Leaf pickup begins on the

Prescription drug cost addressed

by Barbara A. Mendelsohn
At the Morton Grove semi-monthly board meeting Sept. 25, Trustee Ronna Brenner announced that Congresswoman Jan Schakowsky will hold a town hall meeting to address the cost of prescription drugs with interested members of the community at the Morton Grove Village Hall, 6101 Capulina, 1 p.m. on Saturday, October 21.

Continued on Page 38

week. Leaf pickup begins on the following dates:

- October 9th
- October 23rd
- November 6th
- November 20th

For residents living West of Milwaukee Avenue, pickup begins on the following Mondays and continues through that week. Residents should place their leaves in the curb on the appropriate Monday for pickup during the week. Leaf pickup begins on the

Continued on Page 38

Dance studio allowed

by Lisa Ashkenaz Croke
The Niles Plan Commission voted to recommend a change in zoning which would allow a dance studio to be opened in the Dempster Plaza Shopping Center, 8700 Dempster St., Niles.

Pending approval by the Village Board of Trustees, the 2400 square foot studio will offer ballroom dance lessons for 10 to 20 couples for a fee of \$15 per hour. Owner Iluminada De La Cruz of Morton Grove has been giving

Continued on Page 38

Register to Vote

The time is NOW! Don't be left out - Register to Vote. If you are not currently registered, you must register prior to October 10, 2000, to be eligible to vote in the November Election.

You may appear in person to register any weekday between the hours of 8:30 a.m. and 5 p.m., in the Office of the Village Clerk, at the Niles Village Hall, 1000 Civic Center Drive (southeast corner of Oakton and Waukegan), Niles. You will need 3 forms of identification, i.e., current driver's license, electric/gas bill, credit card.

For additional information, please contact the Village Clerk's Office at (847) 588-8003.

Building A approximately 54,280 sq. ft., Building B 79,918 sq. ft.; Ribbon cutting ceremonies at noon

Niles Public Services to unveil new buildings

Residents of Niles will get their first opportunity to see the new Niles Public Services facility when the Public Services Department conducts an Open House on Sunday, October 22 from 11 a.m. to 3 p.m. The facility is located at 6849 Touhy Avenue, which is approximately one block east of Milwaukee Avenue. The parking lot for the facility is located in the rear of the facility, off of Franks Avenue.

Visitors will be able to take tours of the new Maintenance Garage and Main Garage, see demonstrations of equipment at work, learn more about the Public Services Department and be able to interact with employees. A formal ribbon cutting ceremony will take place at noon, with Mayor Nicholas B. Blase and members of the Village Board.

Director of Public Services Teofilo Noriega, Jr. said, "All residents are encouraged to attend the

Continued on Page 38

Evanston couple arrested in Lincolnwood

An Evanston couple was arrested after Lincolnwood police stopped the man for a traffic violation and discovered that not only was he driving a stolen Isuzu, but he was carrying seven fake credit cards and four sets of different identification.

The arrest of the man, Evans-

ton resident, Julius Balogun, 29 led police to a warehouse containing five truckloads of stolen goods including computers, furniture, televisions, and stereo equipment, which police suspect were bound for Nigeria. Police also discovered that Balogun's

Continued on Page 38

Officers awarded for saving a life



Three police personnel were recognized at the July Village Board Meeting for their coordinated efforts, experience, and actions, for saving the life of a victim trapped inside a house fire. Pictured are Trustee Jim Mahoney, Mayor Nicholas B. Blase, Officer Ron Strzelecki, Communications Manager Jim Mahoney, Deputy Chief John Katsoolias, and Police Chief Jerry Sheehan.

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The Bugle's community job listings can be found on <http://www.ChicagoMetroJobs.com>

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Tickets available at the Allstate Arena Box Office and all Ticketmaster Ticket Centers.

Niles Park District offers Dog Obedience classes

Niles Park District is still accepting registration for our Dog Obedience classes. Our instructor is Anne Feuerstein, a professional dog-training instructor, with over twenty years of experience. Anne has helped countless dogs and their owners to become welcome members of their community. Positive reinforcement and a step by step approach are the foundation for her dog obedience programs. The Puppy Class is for puppy owners 13 years to adult and puppies ages 12 weeks to 6 months. It will run through November 21 on Tuesdays from 7:00-7:55 p.m. In the Puppy Class you will learn appropriate techniques for teaching puppy good manners.

The Beginners Class is for dog owners 13 years to adult and dogs 6 months and older. It will run through November 21 on Tuesdays from 8:00-8:55 p.m. You will learn to use a positive approach to strengthen your leadership role. Your dog will enjoy learning to respond to basic commands such as Come, Sit, Down, Stay and Heel while confidence and reliability is increased. The fee for both of these classes is \$80 and non-res \$100. The classes will take place at the Recreation Center, 7877 Milwaukee Avenue.

For the safety of you and your

dog, proof of your dog's vaccination is required at the first class. The first class is an orientation, which will be held at 7 p.m. for both puppy and beginner participants. Please do not bring your dog to the first class meeting.

Notre Dame Band helps Niles celebrate

The Notre Dame High School for Boys/Resurrection High School Band will perform on Sunday, October 8, for the city of Niles as it celebrates its alliance with a sister city in Ireland.

Thirty delegates will be on hand from the city of Leixlip, county Kildare, to sign a joint constitution with officials from the city of Niles to begin the union. The high school band will perform along with an Irish pipe band. The ceremony will take place at 3 p.m. on the Municipal grounds. Band Director Ms. Julie Siki leads the high school band.

For more information, please contact Jack Burke at Notre Dame High School at 847/779-8608. Burke serves on the Sister City Committee and is Alumni Director Emeritus at Notre Dame High School.

Party drug arrests

The latest trend in recreational drug use has made its way to the Village of Niles. Local police have made several arrests in connection with "party drugs," which have been found primarily among the downtown club scene.

Recently two people in the village were arrested in separate incidences involving the drug GHB or G - one person was apprehended at a Niles home, the other had been arrested for driving under the influence of alcohol when officers discovered he had ingested the drug.

GHB, Gamma-hydroxybutyrate is a depressant affecting the central nervous system. When ingested in high doses, the drug will significantly slow the user's breathing and heart rate, and its popular combination with alcohol makes the drug extremely dangerous.

Arrests have also been made in connection with the drug Ecstasy, a methamphetamine originally manufactured to treat people with depression. While GHB sedates the user, Ecstasy does the opposite, increasing body heat rate and blood pressure for as long as six hours.

Police say that parents need to educate themselves about these new drugs and recommend that visiting www.drugfreemerica.org or www.usdoj.gov for reliable information on the drugs.

Kevin Kane Sullivan, 48

Kevin Kane Sullivan, 48, passed away suddenly on September 16. A resident of Wilmington, Delaware, Mr. Sullivan was a beloved husband and friend to wife Mary, nee Kane, loving father of Theresa, Maureen, and the late Connor, loving son of Gerald and Kathleen Sullivan of Park Ridge, fond brother of Dennis (Sue), Brian (Laurie), Kathleen, and Eileen, dear uncle of many nieces and nephews. Mass of Christian burial was offered at Christ our King Church in Delaware. Memorial donations to the Kevin Kane Sullivan Scholarship Fund may be sent to P.S. Box 213, Park Ridge, IL 60068. For additional information, please call (773) 472-5650.



Marie E. Lindberg passes away

Former Lincolnwood and Skokie resident, Marie E. Lindberg, 91, died Friday at Bell Trace Health and Living Center in Bloomington.

During her career, Lindberg taught school in both Illinois and Indiana, her state of birth. In Indiana, Lindberg taught at Harrodsburg, Smithville, Valley and Lakeville schools and at Lincolnwood School in Illinois. She attended Indiana University where she received her bachelor's degree in 1932 and a master's degree in 1961. Lindberg was a member of Clear Creek Christian Church, Monroe County Retired Teachers and Illinois retired Teachers associations, and Order of Eastern Star in Illinois.

Lindberg is survived by daughter Janet L. Doyle of Bloomington; brother Harold Shields; grandchildren, Jeff, Vince, and Laurie; five great-grandsons, as well as several nieces and nephews.

Lindberg was preceded in death by her first husband, Lowell Warner, her second husband, Oscar W. Lindberg; brother, Glen Shields; and sisters, Doris Abbott, Gayle Danner, and Wilma Scott.

Memorial contributions may be made to Clear Creek Christian Church in Bloomington or to a charity of one's choice.

M-NASR sponsors 'Light Up Morton Grove'

The Maine-Niles Association of Special Recreation (M-NASR) would like to invite all local businesses, groups, or individuals to help "Light Up Morton Grove" once again this holiday season. The Morton Grove Park District has graciously consented to allow M-NASR to use the beautiful evergreen trees at Harter Park for this wonderful seasonal event. Twenty Christmas trees will be available on a first-come-first-serve basis to anyone interested in sponsoring a tree. They will be displayed prominently at the fence line along Dempster street adjacent to the gazebo. Sponsorship cost is \$100 for the tree and the lights; M-NASR will supply the lights and signage designating your participation in this event. Sponsors will supply the decorations to creatively complete the trees. Additionally, there will be a Chanukah Menorah on display which will be lit from December 22 through December 29 commemorating this "festival of lights."

This very popular event has

District 219 families may be eligible for education expense credit

Families with students enrolled at Niles North or Niles West high schools may be eligible to receive an education expense credit on their individual income tax returns for the 2000 tax year. Effective January 1, 2000, Illinois residents who are the parent or legal guardian of a full-time K-12 student may be eligible for an income tax credit of

up to \$500 for qualified education expenses. Qualified education expenses are defined as the amounts paid in excess of \$250 for tuition, book fees, and lab fees at the school where the student(s) are enrolled during the regular school year. Any amount paid for supplies that are not consumed, is not considered a qualified education expense, e.g. payments made

toward the purchase of a musical instrument.

For more information, please contact the Illinois Department of Revenue at 1-800-732-8866 and ask for the bulletin "Education Expense Credit for Individuals." This information is also available by accessing the Web site at www.revenue.state.il.us.

Forget Sheep-Real Solutions for Insomnia

We've all had sleepless nights, tossing and turning before an important day. But when you lie awake more often than asleep, it can impact other areas of your life. If you find your mind racing when it hits the pillow, are wide awake every night at 3 a.m., or never feel rested, you may have insomnia.

Every year, one in three adults battles insomnia. Excess stress, poor sleep habits, and even some medicines and medical conditions can lead to sleepless nights. And in October and April, when most American clocks change over to standard time or daylight savings time, it may take your body a few nights to adjust.

Speak to your doctor if you think a medicine or condition is keeping you awake.

Get into good sleep habits. Although treatments for insomnia are available, the root cause of your sleeplessness may be poor sleep habits. By taking some simple steps, you may be able to break the pattern of sleeplessness without supplements or medicines.

- Get in the habit of a regular sleep schedule. Go to bed at the same time each night, and wake at the same time each morning - even on weekends.
- An eye mask or ear plugs can help block out the world enough to lull you to sleep.
- Try relaxation techniques, white noise, or light reading before bed.
- Find ways to reduce stressful situations in your life.
- Exercise regularly during the day, but keep away from strenuous exercise shortly before bedtime.
- Cut down on alcohol and heavy meals - even though they're known to make some people sleepy, they can disrupt your sleep instead.
- Don't drink caffeinated beverages late in the day.
- Don't eat or work in bed before trying to go to sleep.

Mr. Sandman in your medicine cabinet

For the occasional night of tossing and turning, over-the-counter remedies such as Somnifex and Nyctol (which contain an antihistamine called diphenhydramine) or Unisom (which contains doxylamine, another anti-

histamine) work well. However, if used daily, these nonprescription medications quickly lose their effectiveness.

Many people explore alternative therapies. The most common is the herb valerian, which makes getting to sleep easier and promotes increased deep sleep and dreaming. Also, valerian doesn't seem to cause morning drowsiness. Concentrated valerian root supplements are usually taken in doses of 300 to 400 mg, half an hour before bedtime.

Melatonin is a naturally occurring hormone in the blood that is thought to effect sleep pattern. Melatonin supplements are most useful for people who have low levels of the hormone. It is sold in capsule, liquid, or lozenge form. The usual dose is 1 to 3 mg at bedtime.

The dietary supplement 5-HTP (hydroxytryptophan) is thought to promote balanced serotonin levels in the brain. It's generally taken as a dietary supplement. The normal dose of 5-HTP is 100 to 300 mg at bedtime.

Prescription for sleep

If your insomnia lasts for

Morton Grove Notice

The Village Board of Trustees will hold a workshop at 7 p.m. on Thursday, October 5, 2000 in the Trustees' Conference Room on the second floor of the Richard T. Flickinger Municipal Center 6101 Capulina Avenue, Morton Grove, Illinois for the purpose of discussing the following topics:

- Status of Facility Planning Activities.
- Office remodeling plans for the Richard T. Flickinger Municipal Center.
- Appointment of social worker to fill vacancy in Department of Family and Senior Services.
- Discussion on the Dempster corridor planning process.
- Status report on computer system implementation including discussion regarding the availability of e-mail and plans for electronic communication with the Board of Trustees.
- Possible executive session regarding property acquisition.

ALZHEIMER'S COMMUNITY SUPPORT GROUP

You are invited to attend an Alzheimer's Community Support Group at Glenview Terrace held monthly on the 2nd Wednesday from 6 to 7:00 p.m. Meetings are conducted by our Corporate Director of Alzheimer's Services Mary Kay Bartelt, a specially-trained Alzheimer's Association Support Group Leader. Whether your loved one is living at home - or out of state - all community caregivers are welcome. Refreshments will be served.

Glenview Terrace Alzheimer's Community Support Group is affiliated with the Alzheimer's Association - Greater Chicago Chapter. For more information, call (847) 729-9090.



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Wednesday	7:30 AM - 8:00 PM	8:00 AM - 4:00 PM
Thursday	7:30 AM - 8:00 PM	8:00 AM - 4:00 PM
Friday	7:30 AM - 7:30 PM	8:00 AM - 7:30 PM
Saturday	7:30 AM - 1:00 PM	8:00 AM - 1:00 PM

Niles Family Fitness Center Upcoming Programs

The Niles Family Fitness Center is now offering the following new programs. Call (847) 588-8400 for questions regarding the following programs or Club membership.

- Fitness Center Accepting Registration for Second Fall Session.** The Niles Family Fitness Center has your ticket to fun this fall! Our Fall schedule includes classes for all ages and interests, including: tumbling, camps, sports, Swim Lessons, dance, Pre-school programs, teen programs, Adult fitness and arthritis exercise classes and more. Classes begin the week of October 30. Call 847-588-8400 to receive your copy of the Niles Family Fitness Center Fall Brochure.
- School's Out Camp.** The perfect way for your child to spend their day off school! Activities include sports, outdoor games, crafts, swimming, and more. Camps held Monday, October 9 (Columbus Day) and Friday, November 10 (Veteran's Day). Camp hours are 8 a.m.-3 p.m. with extended camp options available. Call the Niles Family Fitness Center at 847-588-8400 for more information or to receive a camp application form. Deadline to register is 2 weeks prior to camp day.
- Halloween Pool Party.** Enjoy the family fun of Halloween in the pool. Saturday, October 29 from 3-5 p.m. Games, fun, excitement and of course a few scares. Register early and receive a discount. Fees: (\$2 Member/\$4 Non-member (before 10/25). \$4 Member/\$6 Non-Member (after 10/25). Call the Niles Family Fitness Center at 847-588-8400 for more information.
- Cheerleading Clinic 5-13 Years.** Learn new skills and routines in this exciting cheerleading class. Class will include dance, cheering, tumbling, and more. Classes are held on Wednesdays and begin November 1. Call the Niles Family Fitness Center at 847-588-8400 for more information.
- Junior Bulls Basketball School (Grades K-8).** The Junior Bulls is a youth player development program created by the Chicago Bulls to teach fundamental basketball skills. Classes are taught by qualified instructors provided by the Chicago Bulls staff. Class fee also includes: Junior Bulls T-shirt, genuine autographed Chicago Bulls player photo, and membership in the Junior Bulls Birthday Club. Grades K-8. Classes begin Tuesday, October 31. Fee is \$75 Members/\$98 Non-Members. Call the Niles Family Fitness Center at 847-588-8400 for more information.
- Arthritis Exercise Classes.** The Niles Family Fitness Center now offers Land and Water based Arthritis Exercise Classes for adults. Classes begin the week of October 30. Day and evening classes available. All classes are sanctioned by the Arthritis Foundation. Deadline to register is October 20. Call the Niles Family Fitness Center at 847-588-8400 for more information.

Mayor encourages women to get mammograms

This year the American Cancer Society (ACS) estimates that 182,800 new cases of female breast cancer will be diagnosed in 2000, and 40,800 women will die from the disease. In fact, breast cancer is the most frequently diagnosed cancer for American women. However, it is known that early detection and prompt treatment can reduce breast cancer deaths by one-third in women fifty years and older, a notable reduction in the suffering and deaths caused by this disease.

In responding to this important public health issue, I am joining with mayors across the country to promote National Breast Cancer Awareness Month (NBCAM) in October and to observe the third Friday in October as National Mammography Day. We are calling upon all in our communities -- employers, physicians, churches, clubs, and other organizations -- to encourage women of all ages to obtain information about screening and mammography and to seek appropriate services. Our efforts are part of the Mayors' Campaign Against Breast Cancer of which I am a member that The United States Conference of Mayors is conducting under a five-year cooperative agreement with the Centers for Disease Control and Prevention. As in past years, the Mayors' Campaign is suggesting that cities support NBCAM by:

- emphasizing access to mammography for city employees;
- encouraging city employees over forty to get mammograms; and
- asking city employees to serve as ambassadors for mammography outreach in their social circles and the community at large.

Since women comprise 49 percent of employees in the United States, the workplace provides an optimum environment for increasing breast cancer awareness and screening. It is critical that all other employers in (city) join with me and similarly involve their employees in NBCAM, one of our nation's most important public health initiatives.

Let me also add that men can be at risk for breast cancer. While the statistics are not as stark for men, they are significant. ACS estimates that 1,400 new cases of male breast cancer will be diagnosed in 2000, and that 400 men will die of the disease. Men should discuss their risk for breast cancer with their physicians, public health officials, and advocacy organizations, such as the ACS, and be screened as appropriate.

Sincerely,
Nicholas B. Blase,
Mayor of Niles

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Women's News

Alcohol can take a heavier toll on women

When Alcoholics Anonymous began in 1935, its founders disagreed on whether to accept women as members. Few believed that women could become alcoholics.

Today we know that women, like men, can become addicted to alcohol and other drugs. In fact, women seem to be more vulnerable than men to many adverse consequences of alcohol use.

Dr. Enoch Gordis, director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA), notes this fact in an NIAAA review of the research. "Women continue to be at higher risk than men for certain serious medical consequences of alcohol use, including liver, brain and heart damage," Gordis writes.

The reasons are many. One is that women metabolized alcohol differently than men. Women tend to have less body water than men of similar body weight. As a result, women end up with higher concentrations of alcohol in the bloodstream, even when they drink the same amount as men.

Other factors unique to women, such as their brain chemistry, genetics, and hormone levels, may also contribute to higher blood-alcohol levels.

For women, the long-term effects can be catastrophic. Research cited by NIAAA indicates that:

- Compared with men, women develop alcohol-induced liver disease over a shorter period of time and after consuming less alcohol. Women are also more likely than men to develop alcoholic hepatitis and to die from cirrhosis.
- Women who drink heavily develop heart muscle disease at the same rates as male heavy drinkers, even though women have 60 percent lower lifetime alcohol use.

• Moderate to heavy drinking increases the risk of breast cancer.

• Higher levels of drinking increase menstrual disturbances, spontaneous abortions, and miscarriages.

• Fetal alcohol syndrome, a leading cause of mental retardation, can result when women drink during pregnancy.

• Among male and female drivers with similar concentrations of blood alcohol, women are more likely to die in car crashes.

And these are just some of the physical effects. Women with alcohol problems also tend to have a more complex mental health profile than men, according to Patricia Owen, director of the Butler Center for Research at Hazelton. Common psychological problems among women in treatment for alcoholism include depression, anxiety, eating disorders, borderline personality disorder, suicide attempts, posttraumatic stress syndrome, and histories of physical and/or sexual abuse. Rates of these disorders are at least twice as high among alcohol-addicted women as women from the general population.

Making Strides Against Breast Cancer

What: The American Cancer Society's Making Strides Against Breast Cancer is a 5 mile walk to raise funds for breast cancer research, prevention and education programs and support programs to help win the fight against breast cancer.

Why: In 2000, it is estimated that 182,800 women will be diagnosed with breast cancer in the United States; 8,900 in Illinois. About 1,400 new cases of breast cancer are expected to be diagnosed in men in 2000. The 5 year survival rate for localized breast cancer has increased from 72% in the 1940's to 96% today. The major factor in diagnosing localized breast cancer early is the annual use of mammograms by women 40 and over.

When: 9 a.m., October 15, 2000.

Where: Grant Park, Chicago (Northeast corner of Columbus and Roosevelt) near Chicago's beautiful museum campus.
Contact: Terra L. Levin, 847/328-5147 or Tlevin@cancer.org.

Walk for Hope Against Breast Cancer

What: City of Hope's Walk for Hope Against Breast Cancer - a 5k fun run, a fitness walk and a leisure walk that raise money to support breast cancer research and treatment at the City of Hope National Medical Center and Beckman Research Institute.

Where: Northwestern University, Lakefront and Trail, North Campus Drive, Evanston, Illinois.

When: Sunday, October 15, 5k Run Registration begins: 8 a.m. Walk Registration begins: 8:30 a.m. Run Begins: 9 a.m. Walk begins: 10 a.m.

How: Participants raise donations by using sponsor forms and asking family, friends and co-workers to sponsor their walk. The registration donation is \$25. Those who raise \$50 or more receive an official WALK FOR HOPE t-shirt.

Contact: Call 800/779-5893. Or visit our Web site at http://walk.coh.org.

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Women's News

Woman's club luncheon

The Morton Grove Woman's Club will be hosting a Gala Luncheon and Fashion Show 'Autumn Leaves-2000' at Chateau Rand in DesPlaines on October 19, 2000.

Cocktails @ 11 - Lunch @ 12. Donation \$27.

Any questions, please contact Pat Laman of the Luncheon/Fashion Committee at 632-0753.

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October is National Breast Cancer Awareness Month

Cook County Board President John Stroger and the Cook County Department of Public Health (CCDPH) have teamed up to remind women about the benefits of early detection in the fight against breast cancer. The month of October has been designated as National Breast Cancer Awareness Month and Friday, October 20, is National Mammography Day.

Mammography, an "x-ray" of the breast, is the single most effective method of detecting breast changes that may be cancer, long before physical symptoms can be seen or felt. Typically, mammography screening

American Daughters of Sweden

On Sunday, October 15 the American Daughters of Sweden will celebrate the Viking Millennium with a Sunday Concert at the 19th Century Woman's Club, 178 Forest Avenue, Oak Park, at 2 p.m.

The program will include the Combined Swedish Men's Chorus, soloists, Anna Marie Adair

and Julie Smith of Linnea South Suburban Women, Spelmanslag, a group of Swedish instrumentalists and the Solstralen Childrens Chorus.

For information and tickets (\$5) call Eleanor Rzeminski, 630-466-7439 or Janet Geist, 773-736-6244.

Women's Strength Training Classes offered

Niles Park District is offering Strength Training classes for adult women beginning November 6th at Grennan Heights Gymnasium, 8255 Oketo. These beneficial classes are offered on Mondays and Wednesdays from 9:35 a.m. until 10:20 a.m. Learn strength training principles that will help you increase lean body mass, help you reach your ideal body weight, increase strength,

and help prevent or improve osteoporosis. Marilyn Duschl, Exercise Physiologist, will instruct this 8-week class.

Fees are res \$20 and non-res \$22. Registration is being taken at the Howard Leisure Center, 6676 W. Howard Street in Niles. For more information about Strength Training, please call (847) 967-6975.

Catholic Women's Bowling League

Wed., Sept. 20, 2000

TEAM	W	L
C.M.S.	12	2
Skaja Terrace	12	2
Classic Bowl	11	3
Old Kent	5	9
Candlelight Jewelers	2	12
T. Drozd, DDS	0	14

HIGHSERIES	
Pam Kenny	471
Rosemary Mitchell	467
Kay Pecoraro	466

HIGH GAMES	
Pam Kenny	179
Kay Pecoraro	174
Mary Wasilewski	169

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LGH saving umbilical cord blood for transplants

Each child's birth is the only opportunity to preserve the one thing that may ultimately save a life - the blood remaining in the placenta and umbilical cord which contains blood making stem cells. After delivery, with the help of cryogenic preservation techniques, the cord blood stem cells can become a life preserve for desperately sick children and some adults.

Umbilical cord blood is rich in the same stem cells that are found in bone marrow and transplanted for treatment of a variety of life threatening diseases, both malignant and nonmalignant, like leukemia, Hodgkin's Disease, lymphoma, Neuroblastoma, aplastic anemia, and B thalassemia, to name a few. Umbilical Cord Blood transplantation may be better than bone marrow transplants for treating some patients because the stem cells are immature and less likely to cause serious side effects.

"Collection of cord blood is non-invasive and there is no risk or pain to mother or child," said Ed Linn, M.D., Lutheran General Hospital. "We always ask our patients if they would be willing to donate that blood or if they would like to preserve it for possible use in their own family at a later time."

Lutheran General Hospital has been collecting umbilical cord blood since early 1999.

Women's News



Woman's club donates park bench

Members of the former Woman's Club of Niles funded the purchase and installation of a new park bench at the Oak Park playground (at Main and Oak streets in Niles), as a permanent reminder of its philanthropic work for the village and for various village organizations, during its 43 years of existence (1954 to 1997). Proudly seated on the new bench are Woman's Club members Maryann Valenta, Elaine Heinen (who is also a current Niles Park Board Commissioner) and Suzanne Miller. The bench strategically overlooks the young children's playground area.

Morton Grove Park District

Halloween Coloring Contest! Kids, draw your favorite Halloween scene and bring it to the Prairie View Community Center. The deadline for all pictures is Monday, October 23. All pictures will be displayed in our lobby through Halloween. Gift certificates will be awarded for the top 3 drawings and winners will be listed in our Winter brochure.

Mother/Daughter P.J. Party. Moms and Daughters, come dressed up for a night of food, fun and glamour. Our hostess will be

Jackie Civito (Mary Kay Consultant). All beauty supplies are provided and a special moment will be yours to take home at the end of the evening.

Program #: 9217-5;
Age: 6-11 Yrs.
Time: 6:30 p.m.-8:30 p.m.;
Res. Fee: \$27/\$13 per additional child;
Non Res Fee: \$36/\$16 per additional child;
Min/Max: 10/20
Location: PVCC - Community Room;
Saturday, Nov. 4.

Noah gets his vest

by Barbara A. Mendelsohn
As first order of business, Niles K-9, Noah, upstaged everyone during the presentation of his bulletproof protective vest. Noah posed for photos along with handler, Officer Marijo Zawilla, and village officials.

Noah's vest was donated by local scouting groups in recognition of the K-9's locating a stash of cannabis during a recent traffic stop.

In another presentation, Sgt. Anthony Fianza and Officer Thomas Chamopoulos each received a *Distinguished Duty Award* for their recent service to the community, in separate incidents.

The board approved the sale of five million dollars of general obligation municipal construction bonds, Series 2000. Following

passage, the mayor's comment on the "good rate" obtained was answered by stating it was possible because Niles enjoys a AA Moody rating - a rating held by only 10% of communities.

The board approved extending the solid waste contract with Groot Recycling and Waste for a five-year term (to April 2005).

Mt. Prospect has approved the establishment of a website supporting Mayor Blase's campaign to tax e-purchases.

The board accepted a bid award on replacing the roof at the sewer and forestry garage facility.

An approval to proceed to bid was passed for acquisition of a backhoe, two dump-trucks and a Suburban.

The board passed an authorization to receive bids for construction of women's washroom and locker room at Fire Station #3.

Marcia Jendras was appointed deputy village clerk, by board resolution.

Woman's Club 10th District Report

The month of September through mid-October is a very busy time for The Morton Grove Woman's Club. The club is preparing for the biggest and most rewarding function of the year. The Gala Luncheon and Fashion Show, "Autumn Leaves 2000" will be presented at 11 a.m. on October 19 at the Chateau Rand, in DesPlaines, donation \$27. Much time and effort is put into

offering our guests a fun time and hopefully realizing a huge monetary success.

Since the day of The Morton Grove Woman's Club conception, in 1953, its goal has been designated to educational, social, civic and cultural activities and raising funds for philanthropic projects. The benefactors of these funds assist many, including families in need, young or old, in

and around Morton Grove.

Above all, every member of The Morton Grove Woman's Club is in some way doing their part in making life easier for those less fortunate. Bottom Line -- we, the members take great pride in our Club because we truly are the ones who reap the rewards of its success -- reaching out to help our neighbors.

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Health News

Eyestrain problems afflict millions of computer users

If you work with computers a lot of the time, you should not be surprised to learn your eye complaints are related to your computer.

Have you ever wondered why your eyes hurt or you've experienced headaches or double vision after your workday. Often you will not experience these problems while using the computer, but they hit you hard when you've gone home for the day.

Eyestrain is the most common health complaint, reported by an estimated 10 million computer users. It is just one of the symptoms of Computer Vision Syndrome (or CVS), defined by the American Optometric Association as "the complexity of the eye and vision problems occurring during or immediately after computer use." CVS is believed to affect nearly nine out of every 10 computer users.

More than 70 million Americans use computers every day at work, the Bureau of Labor Statistics reports. Predictions indicate that half of the working population will be using computers by the next year.

If you've ever experienced eyestrain, headaches, difficulties in focusing, blurred vision, dry or irritated eyes, neck and/or backaches, light sensitivity, distorted color vision and double vision

while working at your computer, chances are you may have CVS.

Dr. Tanya M. Parks, Optometrist at the Sounds Clear Vision Center in Chicago says, "The more time you spend on a computer, the more likely the chances of stressing your eyes. If you are an intensive computer user, who sits in front of a computer 5 to 8 hours a day, 5 days a week, inadequate or poor lighting, glare, stress, awkward positions & posture, and any preexisting eye conditions (nearsighted, farsighted, astigmatism, focusing problems) can all increase the severity of CVS symptoms you experience."

Dr. Parks indicates there are several things you can do to prevent CVS and relieve eyestrain.

Take 20/20 Breaks - For every 20 minutes take a 20 second break and look away from the computer at a distance of 20 feet.

Blink - Blinking your eyes intentionally can really help keeping them from becoming dry and irritated. Place a post-it with "Blink" on it to remind yourself to blink often.

Lighting - Get adequate lighting at your work station.

Eliminate reflections and glare - Light directly shining into eyes (direct glare) or reflections from surrounding surfaces (reflected glare), can cause eye fatigue. Check for glare (sunlight, windows, reflections) and eliminate the sources. Get an anti-glare screen on your computer.

Position Yourself - Position your computer screen 4-8 inches below eye level at a 10-20 degree angle at a distance of approximately 24 inches.

If you use a computer and have any of these complaints, you may suffer from CVS and should seek help from an optometrist. "Create an eye healthy environment near your computer station and you'll do better work and enjoy your workplace a whole lot more," says Dr. Parks.

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Radiologist appointed at Resurrection

Thomas Farrell, M.D., has been appointed to the medical staff at Resurrection Medical Center, 7435 West Talcott Avenue.

Dr. Farrell, of Chicago, received both his bachelor's and medical degrees from University College, Dublin, Ireland. He completed his internship in general medicine and surgery at St. Vincent's Hospital in Dublin, and his residency in radiology at Beaumont Hospital in Dublin.

Dr. Farrell specializes and is board certified in radiology with a secondary specialty in interventional radiology. He serves on staff in the Radiology Department at Resurrection Medical Center.

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Bruce C. Campbell named chief executive of Advocate Lutheran General Hospital

Bruce C. Campbell, president and chief executive officer at Illinois Masonic Medical Center, will assume the role of chief executive at Advocate Lutheran General Hospital upon finalization of the transaction that consolidates Illinois Masonic Medical Center into Advocate Health Care.

This announcement coincides with the appointment of Kenneth J. Rojek, currently chief executive of Lutheran General Hospital, to lead the transition team that will oversee the integration of Illinois Masonic, who will assume the position of chief executive for Advocate's new, consolidated Illinois Masonic -

Ravenswood Hospital delivery network.

Campbell was appointed as president and chief executive officer of Illinois Masonic Medical Center in 1993 and was associated with the medical center beginning in 1985 - first as president of his own health care consulting firm, and then briefly as executive vice president. His prior experience includes servicing as executive director/associate vice president at the University of Chicago Hospitals and Clinics and vice president of administrative affairs at Rush-Presbyterian St. Luke's Medical Center. He has also held various academic appointments at Rush

University, including Dean of the College of Health Sciences and Chairman of the Department of Health Systems Management. Campbell is an associate professor at Rush and previously was on the faculty of the Graduate School of Business of the University of Chicago. He currently serves on the board of trustees of the Illinois Hospital and Health Systems Association.

Campbell, a resident of Chicago's North Side, received his bachelor of arts degree from Lake Forest College, his masters degree in hospital administration from Washington University in St. Louis, and his doctor of public health degree from the University of Illinois, Chicago.

Archer appointed to medical staff at Resurrection



Amy Archer, M.D.

Amy Archer, M.D., has been appointed to the medical staff at Resurrection Medical Center, 7435 West Talcott Avenue.

Dr. Archer, of Chicago, received her bachelor's degree from the University of Iowa, and her medical degree from Rush Medical College at Rush-Presbyterian-St. Luke's Medical Center, Chicago. She completed her internship and residency in emergency medicine at the University of Illinois at Chicago Medical Center. Dr. Archer is board certified and specializes in emergency medicine. She serves on staff in the Emergency Department at Resurrection Medical Center.

Free Kids Fair at LGH

Advocate Lutheran General Children's Hospital will sponsor its fifth annual Kids Fair from 11 a.m. to 3 p.m., Saturday, Oct. 7, at the Victor Yackman Children's Pavilion, 1675 W. Dempster St., Park Ridge.

To learn more about Kids Fair '00, call HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622). Free parking will be available in Lot B behind the Yackman Children's Pavilion.

Prostatitis research study needs participants

Urology researchers at Northwestern University are seeking male participants aged 18 and older for a research study of chronic prostatitis sponsored by the National Institutes for Health. The purpose of this NIH research study is to gain a better understanding of prostatitis with the hope of improving diagnosis and treatment of this condition.

Chronic prostatitis or chronic pelvic pain syndrome is characterized by pelvic pain or discomfort that has been present for six months and is difficult to relieve with medication. Symptoms may include frequent and/or painful urination and painful ejaculation.

The diagnosis and treatment of chronic prostatitis can be elusive and causes frustration in doctors and patients alike. Evaluation typically includes a careful medical history, physical exam by an urologist and laboratory work up. There are no standard guidelines for treatment.

To qualify for this research study at Northwestern University, participants must be men at least 18 years old who have experienced pelvic discomfort or pain

for at least three months over the last six months.

Men with history of prostate, bladder or urethral cancer or surgery are not eligible to participate.

For more information about this research study call the Northwestern Center for Clinical Research at (312) 503-NCCR (6227).

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School News

Niles West Homecoming contains "Hollywood Magic"

All the glamor and excitement of Tinseltown will be on display during the Niles West Homecoming festivities the week of October 2 through 7. The theme "Hollywood Magic" sets the tone for a fun-filled week culminating in the parade, football games and Homecoming Dance. Niles West alumni are invited to attend to help boost the teams to victory. All events will be held at the school, 5701 W. Oakton Street in Skokie. Homecoming activities will be as follows:

October 6 - 1:40 p.m., Homecoming Parade; 5 p.m., Sophomore Football vs. Glenbrook South Titans; 7:30 p.m., Varsity Football vs. Glenbrook South

Titans and Alumni/Staff Reception. October 7 - 7:30 p.m., Homecoming Dance.

The homecoming parade route on October 6 is as follows. The procession will exit the school parking lot onto Oakton, head east to Gross Point Road, then turn north to Main Street, Taking Main to Niles Center Road, the parade will turn and head south to Oakton where it will end in the south parking lot of the school.

For more information on Niles West Homecoming events, please contact Director of Student Activities Mark Wilson at (847) 568-3869.

Dominican to host Visiting Day

The Dominican University Office of Undergraduate Admissions is hosting a Visiting Day for high school juniors and seniors on Monday, October 9. The program begins at 9 a.m. in the Fine Arts Recital Hall at Dominican University, 7900 West Division Street.

Students will tour Dominican's 30-acre campus, meet faculty and students, attend classes and learn about admissions and financial aid. Representatives from the admissions and financial aid offices will be available to answer any questions regarding academic programs, scholarships, financial aid and life on Dominican's campus.

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Free art contest open to Niles area students

Arts and Kids is pleased to announce that \$38,000 in prizes and scholarships will be awarded this year in its Annual Art Competition. Students from the Niles area, particularly beginners, are welcome to try to win their share of over 115 prizes. The deadline for the contest is December 31, 2000. The contest is open to everyone 17 years of age and younger and entry is FREE.

In addition to the 115 scholarships and prizes totaling \$38,000 that will be awarded to young artists, a \$1,000 grant will be awarded to the schools of the five finalists for art education or to provide supplies or art-related technology.

To enter, send ONE original work of art, any style and any medium. All entries must include the child's name, address and age on the back. Artwork should be sent to: Arts and Kids, Suite 101-2112, 3600 Crondall Lane, Owings Mills, MD 21117. Entries must be postmarked by December 31, 2000. Artwork cannot be returned.

Arts and Kids is an organization dedicated to bringing the work of young artists to the public's attention. In the last ten

years, they have awarded over \$100,000 to talented artists, most of whom have never before entered - or expected to win - any type of artistic competition. You can visit their website at www.ArtsandKids.com.

St. John Brebeuf opening school liturgy

On September 8th, 2000, St. John Brebeuf school children, teachers and parents gathered in church to celebrate the opening of the 2000-01 school year. Reverend Father Arthur Olson, the assistant pastor, presided at the liturgy. This year's 8th grade students prepared the readings and intentions and served as the choir. The class of 2001 also pledged to serve as role models for the rest of the school and promised to show kindness and respect for each other, the faculty and staff by accepting God's invitation to do our best.

September 8th is also the birthday of Mary, Mother of Jesus. The 8th graders and their 2nd grade room partners joined together to sing "Happy Birthday" to Mary. Afterwards, the class of 2001 distributed birthday treats to the school community.

Boy Scout Troop 228 Pumpkin and Popcorn Sales

Boy Scout Troop 228, chartered by the Park View School PTO, will be holding a Pumpkin and Popcorn Sale on Saturday, October 7, 2000. The sale will take place from 3-6 p.m. at the Morton Grove American Legion Hall, located at 6140 West Dempster Street, Morton Grove. Please come and support our Scouts!

ISU Dean's List

A total of 1,613 students at Illinois State University have been recognized for their scholarship by being included in the Dean's List of their respective colleges for the Spring semester that ended May 12.

Students who make the Dean's List have achieved grade-point averages that place them in the top 10 percent of their colleges at the university. The exception is the College of Business, which requires its Dean's List students also to have a grade-point average of at least 3.60 on a 4.0 scale.

Area students on the Dean's List are: Erin Rebecca Braslawsky, Michael David Geist, Jaime Nichole Hara, Colin Patrick Kendrick, Jessica Lee Meyer, Denise Helen Mlynski, Heather Patricia Pock, Jennifer T. Sternberg, Steven Michael Wilder of Des Plaines; Rebecca Ann Duester, Martin Gabriel Franchi, Marc Devon Hans, and Julie Ann Rushmeyer of Glenview; Stephanie Kouzoukas of Lincolnwood; Ryan Howard Fiala of Morton Grove; Alexandra Mlynarczyk of Niles; Sarah Anne Goguen, Steven L. Marks, Rebecca Anne Nedwick, Julie Michele Schram, and Jaime Elle Vaneenige of Northbrook; Maureen Michelle Bulger, Lisa Dorothy Lacerra, Mary Patricia Pindelski, and Neal Robert Sipkowsky of Park Ridge; Linda Che, Veronica Ivy Pasia, Michele R. Pierce, Jennifer Michele Roth, Jennifer L. Siegel, and Melissa Ann Venn of Skokie.

Meet the Teacher at SJB



Hello! My name is Cathy Maltose. I am the new first grade teacher at Saint John Brebeuf. I received my BA degree from Rosary College (now Dominican University) in River Forest.

Before coming here, I worked five years as a cost estimator for a gasket company. Realizing how much I missed teaching children, I decided to return to a school.

I taught at Saint Genevieve School for two years. My last teaching assignment was at Saint Priscilla School, where I taught third grade for nine years.

I enjoy teaching here at Saint John Brebeuf. The children in my first grade class are great. I look forward to many enjoyable years of working with the children of this school.

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School News

ALL introduces new fitness classes

Oakton's Alliance for Lifelong Learning (ALL) is introducing two new fitness programs that improve cardiovascular fitness and increase stamina and flexibility.

Boxing Aerobics Total Body Workout (PED B05-01, Touch-Tone 04707) combines boxing movements with an aerobics program for a complete workout. The program is designed for all fitness levels, and no special equipment is required. This class meets from 7:30-8:30 p.m. on eight Thursdays, beginning Oct. 12, at Maine East High School, 2601 Dempster Street, Park Ridge. The course fee is \$99.

Practical Defense Aerobics (PED B06-01, Touch-Tone 04708) is a dynamic fitness program that incorporates self-defense movements into an aerobics workout. Students will develop natural self-defense reactions and flexibility while improving their cardiovascular fitness. This class meets from 7:30-8:30 p.m. on eight Tuesdays, beginning Oct. 10, at Maine East High School. The course fee is \$99.

Students who have registered for Oakton or ALL classes within the last five years and have their Social Security number on file may register by using the Touch-Tone system at (847) 635-1616 or by fax at (847) 635-1448. Both methods require payment using a major credit card (Visa, MasterCard or Discover).

ALL is offering other dance and fitness classes this fall, including **Ballroom Dancing I** (PED S61) and **Ballroom Dancing II** (PED S62), **Swing Dancing** (PED E86), **Latin Line Dancing** (PED S67), **Beginning Aikido** (PED E33), **Tai Chi Ch'uan I** (PED E45) and **Tai Chi Ch'uan II** (PED E47) and **Individual Personal Training** (two, six or 12 sessions, and training for two people) at Oakton's Fitness Center. For more information about these classes and for a complete brochure of ALL courses, call (847) 982-9888, press #3.

Area SIU students named to Deans' List

Southern Illinois University Carbondale has named 3,308 students to its spring semester Deans' List. These students make up the top 19 percent of the University's undergraduate student body.

Deans' List recognition goes to students who compile grade-point averages that meet or exceed performance standards set by SIUC's various schools and colleges. The minimum standards vary by college and range from 3.25 to 3.75 on a scale of 4.0 (perfect).

Area students on the Deans' List are: Chris P. Jannusch, Anna M. Kleen, Natalie C. Scarpaci, Candace J. Song and Keith Alan Wetendorf of Des Plaines; Luis

Hernandez of Rosemont; Thomas A. Embry and Jeff V. Pascale of Glenview; Varun R. Goyal, Art Sriratanapitoot and Kristy J. Stevens of Morton Grove; Douglas D. Boutwell, Tom A. Lakomski, Christopher George Sato, Joseph H. Sharpe and Guy N. Toan of Northbrook; Michael Lucien Bruno, Bradley J. Galvin, Wes J. Harris and John J. Kopec of Park Ridge; Stacia Dawn Tax and Francis Andrew Villegas of Skokie; Michael James Dell and Andrew Desimotes of Lincolnwood; and Alexander Baxter Farrell, Elizabeth M. Hagopian, Paul George Koverian, Jennifer N. Simon and Eric Jacob Wilhelm of Niles.

Students receive degrees from North Central College

A total of 400 students received degrees from the school at the Commencement ceremony on June 10. Of those students, 311 received bachelor of arts degrees, 34 received bachelor of science degrees, 24 received master of arts degrees, 28 received master of business degrees, two received master of science degrees and one received a master of leadership studies degree. Fifteen students graduated as College Scholars, having completed all the requirements of North Central's honors program. Forty-nine graduated cum laude (with honors), 24 graduated magna cum

laude (with high honors) and eleven graduated summa cum laude (with highest honors).

Many of the 250 students who were awarded degrees earlier in the academic year participated in the June 10 exercises. The keynote speaker was Mary Schmitt, award-winning columnist and reporter for the *Chicago Tribune*. She was awarded the honorary degree Doctor of Humane Letters.

Area graduates are: Des Plaines - Melville S. Palmer, David C. Renner, Jason Richard Wiegus; Glenview - Michael John Dejer; Niles - Daniel Szymon Irla.

Dual admission agreement signed by NEIU & COD

Salme H. Steinberg, President of Northeastern Illinois University (NEIU), recently signed a dual admission agreement with Michael Murphy, President of the College of DuPage (COD) that allows for concurrent admission to both institutions.

The dual admission is NEIU's fifth. The university entered into an agreement with the College of Lake County in 1998, and William Rainey Harper College, Oakton Community College, and City Colleges of Chicago in 1999.

Students who meet the admission requirements at both institutions can formally request dual admission and will be simultaneously admitted to both COD and NEIU. Dual admission is available to students who are planning to complete the Associate of Arts or Associate of Science degree at COD and the baccalaureate degree at NEIU. Students who enroll in the program will have full access to NEIU's Office of Admission and Records, and other student services such as financial aid. They will also receive academic advising from appropriate NEIU colleges and departments.

The agreements serve the needs of the students of both institutions by guaranteeing a seamless transfer process. A designated NEIU admission advisor will work with COD counselors, advisors and students to facilitate the initial process, the linkage with the NEIU department of the student's intended major, and the transition from COD to NEIU.

Students will submit applications for admission, along with required documents to both schools. Each institution will review their respective applications and required academic credentials. Students will be subject to the admission requirements of NEIU's department(s) and program(s) in which they choose to major or minor, and they will be notified of admission decisions.



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Maine Township to offer flu shots to seniors

Maine Township's Adult and Senior Service Department will be offering flu shots to township seniors on November 6 from 8 a.m. to 4 p.m. This is a new time since the original program was set for October 31.

There is no cost to seniors with Medicare Part B. Those without this coverage can pay \$15. Those wishing to receive shots are en-

couraged to make advance reservations by calling 800-323-8622. For further information on this program, contact Mary Swanson, Director of Adult and Senior Services, at 847/297-2510. For information on other senior services or all Maine Township activities, agencies and programs visit the Maine Township website at www.maintownship.com.

Free Senior Citizen Bingo Party

Bingo Committee Chairman Nick Costantino is pleased to announce a free Senior Citizen Bingo Party is being held at the House of the White Eagle, 6845 North Milwaukee Avenue, Niles, Illinois, on Wednesday, October 25, 2000.

Mayor Nicholas B. Blase, in conjunction with Maine Township Regular Democratic Committeeman Andrew Przybylo, are co-sponsors and supporters of this popular event, being offered free to all senior citizens residing in the Village of Niles or Maine Township.

Doors will open at 11:45 a.m. and the games will start at 12:30 p.m. There will be prizes and free refreshments served. A King and Queen will be selected to reign over the day's activities and each will receive a cash award.

Tickets can be obtained at local senior citizen clubs and also at 8074 North Milwaukee Avenue, Niles, Illinois.

Scheduled guest speakers for this party are State Representative Ralph Capparelli and Cook County States Attorney Dick Devine.

For more information, please call (847) 692-3388.

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OCTOBERFEST 2000

Enjoy an evening of song, food, and fun at 6:30 p.m. on Thursday, Oct. 5 in the Prairie View Community Center. "Oompah" music will be provided by professional entertainer and Morton Grove resident, Eddie Fisher & Co. Sing along with favorite tunes and dine on a scrumptious Bavarian feast including bratwurst, German style chicken, sauerkraut and German potato salad. The cost is \$16 for residents, and \$19 for non-residents. Register at the Prairie View Community Center.

CLASSES IN SIGN LANGUAGE

The Maine Township Town Hall at 1700 Ballard Road in Park Ridge will host Beginners (October 5 to December 14), and Intermediate (October 4 to December 6). Classes taught by nationally certified instructor, Micki Baron-Gerstein. The fee which includes all class materials is \$90 per person. For more information, call Maine Township's Director of Disabled Services, Donna Anderson at 297-2510.

GRAND VICTORIA CASINO

Live it up at the Grand Victoria Casino in Elgin on Thursday, Oct. 5. Play in grand style on one of the most spacious riverboat casinos in the world. Enjoy all the fun and excitement of today with the elegant touch of a romantic age. Gaming session will be from 9 a.m. to 1 p.m. followed by a lunch buffet. The cost is \$12 for residents, and \$15 for non-residents. The bus will leave the Prairie View Community Center at 8 a.m. and return at approximately 3 p.m. Register at the Prairie View Community Center.

COMPUTER TUTORS

A three-week introductory computer course is planned from 3:30 to 5 p.m. on Tuesdays, Oct. 10, 17, and 24 at Park View School, 6200 Lake Street in Morton Grove. Park View has been awarded a grant to fund this program which will be implemented in conjunction with the Morton Grove Park District. Class size is limited to 25, so call Senior Adult Supervisor, Catherine Dean at the Park District today to register, 965-1200.

BLOOD PRESSURE SCREENING

Periodic blood pressure measurement is helpful in determining if health is threatened by high blood pressure (hypertension). Hypertension is a contributor toward strokes, heart disease and kidney failure. Unfortunately, hypertension usually has no symptoms so a person can feel great and not know they have it. Free screenings are offered from 9 to 11 a.m. on Tuesday, Oct. 10 in the Morton Grove Village Hall Senior Center.

COMMISSION ON AGING

The Morton Grove Commission on Aging will hold its next monthly meeting at 1 p.m. on Tuesday, Oct. 10 in the Morton Grove Village Hall. The commission provides an arena for discussion and planning of services and programs to benefit Morton Grove's senior citizen population. All interested residents are welcome to attend.

MYSTERY TOUR

The "Fall Celebration" Mini-Mystery tour is a three-day themed tour from October 11 through 13, where travelers are brought from one surprise event to another. Not only are there interesting places, but there is also the splendor of the Fall colors. Excellent dining, deluxe hotel accommodations, fascinating attractions and the fine services of a professional Falacia Tour Director are special ingredients of this tour. The cost is \$335 for triple occupancy, \$359 for double occupancy, and \$432 for single occupancy. Register at the Prairie View Community Center.

MAINE EAST HIGH SCHOOL

Maine East High School invites seniors to join in on free school productions to be performed this Fall. For details about events or the Gold Card Club membership, call the school directly at 692-3600.

- Fall Play - "Diary of Anne Frank"; Saturday, Oct. 14 at 7:30 p.m.; and Sunday, Oct. 15 at 2 p.m.
- Choral Concert; Wednesday, Oct. 18 at 7:30 p.m.
- Variety Show Matinee; Thursday, Nov. 4 at 4 p.m.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200. To receive the "Seniors in Morton Grove" newsletter, Morton Grove residents can send \$3, and non-residents send \$4 to the Morton Grove Park District, 6834 Dempster Street, Morton Grove, IL 60053.

USE THE BUGLE

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Village of Niles residents, age 62 and over, and their younger spouses. To register for classes, trips, or purchase tickets, you must be a member of the Center. Please call or visit, and be placed on the mailing list.

VOLUNTEERS NEEDED

MEALS ON WHEELS DRIVERS are needed to deliver meals to Niles homebound elderly, weekdays between 11 a.m. to 12:30 p.m. Please contact Kelly at 588-8420.

COMPUTER LAB VOLUNTEERS needed to assist other older adults in learning to use computers (2 to 4 hours/week). Computer experience required. Training provided. Contact Jaymi.

OCTOBER TICKET SALES

October Ticket Sales To All Senior Center Members is Wednesday, Oct. 4, at 8:45 a.m. Tickets are sold on a first come, first served basis. Doors open at 8:30 a.m.

Visit "Sue" - Two Dates: Thursday, Oct. 26; or Friday, Nov. 3, 9 a.m. to 4:30 p.m. Travel back to the time of the dinosaurs! Visit Sue at the Field Museum. Then enjoy a delicious lunch at Lawry's, choice of Prime Rib or Turkey. Cost: \$31.

November Lite Lunch and Movie - Friday, Nov. 3, 12 Noon. Enjoy Sliced Turkey on Wheat with Potato Salad, then enjoy the movie, *Enemy of the State* (1998, R) starring Will Smith and Gene Hackman. Cost: \$2.

Sunday At The Center: Tailgate Party - Sunday, Nov. 5, 11 a.m. to 3 p.m. Cheer the Chicago Bears as they face the Indianapolis Colts. Enjoy Sloppy Joe Sandwiches and Chips and special Raffle prizes. Cost: \$3.50.

Evening At The Center: The Dazzling Decades - Wednesday, Nov. 15, 5 to 8:30 p.m. Enjoy a delicious Italian dinner featuring Mostaccioli, Italian Sausage, Meatballs, Green Beans Almondine, Tossed Salad and a Surprise Dessert. Then sit back and listen to the best songs of the decades as performed by *The Profiles*. Cost: \$8.50.

The Annual Senior Center's Mem's Club Holiday Party - Friday, Dec. 1, 11 a.m. to 4 p.m. Join us for a delightful afternoon at Przybylo's White Eagle Restaurant. Doors open at 11 a.m. with lunch served at noon. Your choice of Beef (\$19.50), Fish (\$19.50), or Chicken (\$18.50). Then listen and dance until 4 p.m. to the music of the Frank Martello Orchestra.

BOOK DISCUSSION GROUP

Book Discussion group meets on Friday, Oct. 6 at 10 a.m. The featured book is *The Spanish Lover* by Joanna Trollope. Cost: \$1 includes pastries.

RULES OF THE ROAD

Rules of the Road is Monday, October 9 at 2 p.m. Registration is required.

GENERAL TICKET SALES: Please call for ticket availability. Sunday at the Center: October 8 - Sunday, Oct. 15, 11 a.m. to 3:30 p.m. Entertainment at the Octoberfest features *The Alpiners*, and of course, a German feast including Bratwurst, German-Style Roasted Chicken, Bavarian Green Beans, Homemade Sauerkraut, Hot German Potato Salad, and a Surprise Dessert. Cost: \$7.

Evening at the Center: Card Party - Wednesday, Oct. 25, 5 to 8:30 p.m. Enjoy a Submarine Sandwich & German Potato Salad followed by an evening of Pinochle, Bridge, Poker, Uno, Billiards, and Board Games. Please notify the front desk if you are interested in playing a specific game, but do not have a partner. Cost: \$6.

FRIDAYS AT THE MOVIES IN OCTOBER

October 6, 12 Noon, *October Lite Lunch & Movie, Jacob, The Liar* (1999, PG-13). Lunch of sliced turkey sandwich and potato salad at 12 noon. The movie, *Jacob, The Liar* (1999, PG-13) starring Robin Williams shown at 1 p.m. Cost: \$2.

October 13, 1 p.m., *Hanging Up* (2000, PG-13). Story of three sisters played by Meg Ryan, Diane Keaton, and Lisa Kudrow and their father played by Walter Matthau.

October 20, 1 p.m., *The Next Best Thing* (2000, PG-13). Madonna stars as a Yoga instructor having a child with her best friend who is gay (Rupert Everett). Problems develop when she falls in love with another man played by Benjamin Bratt.

October 27, 1 p.m., *The Green Mile* (1999, R). Tom Hanks stars as the supervisor on Death Row at a Louisiana State prison where he encounters Michael Clarke Duncan, a gentle giant. Intense and mystical. Based on Stephen King's best-seller. The movie doesn't seem as long as its three hours running time.

Morton Grove Seniors explore

Join the Prairie View Travel Club a.k.a. Morton Grove Seniors as we explore the neighborhoods in Chicago Thursday, October 26. We will have a guided bus tour through the historic home district of Wicker Park. Also a look at Humboldt Park to explore Chicago's Puerto-Rican neighborhood, the Historic Boulevard System and a kaleidoscope of murals.

We will visit the Ukrainian National Museum to view ancient folk art and drive through the Ukrainian Village neighborhood to view the various churches including Trinity Orthodox Church, a Louis Sullivan creation. Also included is a visit to the Polish Museum of America.

Lunch will be at Isabel's Restaurant to dine on delicious Puerto-Rican Fare. The bus leaves Prairie View Community Center, 6834 Dempster at 9 a.m. and will return at 4 p.m.

The cost is \$51 for residents and \$58 for non-residents. Register at Prairie View Community Center or for more information call Catherine at 965-1200.

Take a Senior Trip with Niles Park District

Niles Park District's Niles on the Go invites you to join us for the play "Carousel" at Drury Lane, Oakbrook on Thursday, October 12. "Carousel" will tug at your heart while inspiring tears and laughter. From beginning to end, you may agree with Rodgers and Hammerstein that "Carousel" is your personal favorite too. Don't miss this awesome musical hit. Please choose your luncheon choice at registration of Rotolo di Pasta, Chicken Peppercorn or Pork Loin Medallion Calvados. Entrees served with courtyard salad, chef's selection of garden vegetables, potato, rice, or pasta, fresh baked bread, dessert, and choice of beverage. Fees are \$48 and non-res \$58.

The trip will depart from Howard Leisure Center, 6676 W. Howard Street at 10:45 a.m. and return at approximately 6 p.m. Stop in the Howard Leisure Center, 6676 W. Howard Street or call (847) 967-6633 for more information or to register.

AARP Chapter Entertainment Books

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Civic Center Sr. Men's Bowling/Brunswick Zone

Wed., Sept. 6, 2000

TEAMSTANDINGS	W	L		
1. #5 Team 5	5	2	15. #6 Team 6	2
2. #4 Team 4	5	2	16. #3 Team 3	2
3. #10 Team 10	5	2	17. #17 Team 17	2
4. #1 Team 1	5	2	18. #2 Team 2	2
5. #18 Team 18	5	2	19. #20 Team 20	2
6. #19 Team 19	5	2	20. #9 Team 9	2
7. #13 Team 13	5	2	21. #22 Team 22	2
8. #21 Team 21	5	2	22. #14 Team 14	2
9. #16 Team 16	4	3		
10. #7 Team 7	4	3	"HOT SHOTS"	
11. #11 Team 11	4	3	Emil Rhode	558
12. #15 Team 15	3	4	Tom Poulos	549
13. #8 Team 8	3	4	Todd Bavaro	541
14. #12 Team 12	3	4	Sid Cohen	525
			Chet Hajduk	524

Niles Sr. Men Bowling Brunswick Zone

Wed., Sept. 13, 2000

TEAMSTANDINGS	W	L		
#19-Team 19	12	2	#15-Team 15	5
#11-Team 11	11	3	#18-Team 18	5
#7-Team 7	11	3	#12-Team 12	5
#21-Team 21	10	4	#9-Team 9	4
#4-Team 4	10	4	#2-Team 2	4
#10-Team 10	10	4	#14-Team 14	4
#16-Team 16	9	5	#8-Team 8	3
#20-Team 20	7	7	#17-Team 17	2
#22-Team 22	7	7		
#3-Team 3	7	7	"HOT SHOTS"	
#6-Team 6	7	7	Ray Muntges	603
#5-Team 5	7	7	Dave Handler	562
#13-Team 13	7	7	Larry Guzan	549
#1-Team 1	7	7	Frank Contorno	530
			Ed Pasdiara	525

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Church and Temple News

St. Paul Lutheran Church and School

The cross country team at St. Paul Lutheran School, Skokie, took first place at the Northwest Suburban Lutheran Schools Conference meet held September 16th at Melas Park in Mt. Prospect. Chris McKinney, St. Paul 8th grader, was the overall meet winner. Grade-level place winners in the girls race included third graders Miriam Bromley, 3rd, and Kelsey Hannebutt, 4th; fourth grader Hanna Helwig, 2nd; sixth graders Patty Croon, 1st, and Lauren Young, 2nd; and seventh graders Britta Helwig, 1st, and Jacquelyn Muench, 2nd. Grade-level place winners in the boys race included third grader Ryan Muench, 3rd; fourth grader Jeff Creeley, 6th; fifth grader Eric Frandemo, 6th; sixth grader Steve Cook, 3rd; seventh graders Jason Watt, 2nd, and John Creeley, 3rd, and eighth graders Chris McKinney, 1st, Jonathan Kurinsky, 2nd and Johannes Koern, 3rd. Coach of the team is St. Paul teacher Mike Wehrle.

Eighteen seventh graders at St. Paul Lutheran School, Skokie, attended the Keystone Science School in Keystone, Colorado, for a week in September. The

mission of Keystone is to stimulate student interest in science and motivate students to pursue a greater understanding of the natural world.

St. Paul students studied problems in the natural sciences in Keystone's multi-ecosystem mountain setting. The students learned about the environment and ecosystems through lectures, hands-on activities, and field investigations. In addition to studying topics such as geology, survival skills, and animal life, the students also enjoyed hiking in the foothills of the area and backpacking at the montane, sub-Alpine, and Alpine levels. The students were accompanied by St. Paul science teacher Ron Malone, Pastor E. Lee Jones, and parent Debbie Muench.

St. Paul welcomes to its faculty Mr. Mike Wehrle. With a teaching degree from DePaul University, Mr. Wehrle will be teaching upper grade history and language arts. An avid runner, he is also coaching the school's cross country team. St. Paul hosted an Open House for all of its school families on Wednesday, Aug. 30.

Obituary

EDITH JACQUELINE HUDZIK

Edith Jacqueline Hudzik, 59, of Northbrook, died Friday, August 4 at Glenbrook Hospital, Glenview. She was born February 25, 1941 in East Bernstadt, KY. Beloved wife of James. Beloved mother of Debbie, Joann, and Donald. Sister-in-law of Evelyn (Robert) Wawak. Services were held Wednesday, August 9 at Our Lady Brook Church. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Maryhill Cemetery, Niles. Former member of North Shore Business and Professional Women's Club.

MICHAEL MORGAN

Michael Morgan, 68, of Northbrook, died Friday, August 4. He was born November 2, 1931 in England. Beloved husband of Loreta (nee Pientowski). Loving son of the late James and Vyda Abigail and son-in-law of Chester E. Pientowski. Loving friend to many. Services were held Wednesday, August 9 at St. Isaac Jogues Church, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Acaia Park Crematory, Chicago. Memorials to: Cancer research. Veteran of Royal Air Force.

ADELINE M. ALBERTSEN
Adeline M. Albertsen (nee Claussen), 87, of Des Plaines, died August 1 at Glenbrook Hospital, Glenview. She was born June 16, 1913 in Chicago. Beloved wife of the late Ole. Beloved mother of Karen Rose and Charlene (Arl) Thomas. Grandmother of 6. Great-grandmother of 8. Services were held Wednesday, August 2 at Our Lady of Perpetual Help. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Mt. Emblem, Elmhurst.

Healthy Wealth for The Christian



vide us with findings from his extensive interviews with individuals ranging from multi-millionaires to people of poverty. He will also draw from his personal meeting with Mother Teresa as well as his work among the poor in Haiti, Kenya, Ethiopia, India, and the Rwandan border. In addition, you will have the opportunity to explore the role that money plays in your own life. He will challenge our thinking on a subject that was close to Jesus and is certainly close to all of us! Davis helps individuals and groups explore their relationship with money and the impact it has on how they think and make decisions.

This special parish event is designed to help us develop a deeper awareness of how we view money, how money affects our lives, and what we can do to ensure that we are on the path of Healthy Wealth, no matter what the circumstances!

On October 15, Father Fisher will preach at the 8 and 10 a.m. services and lead a parish-wide discussion following the 10 a.m. service. Beginning at 6 p.m. that evening he will facilitate a two-hour program with supper. Child care will be provided for all sessions.

We encourage all interested members of our community who might be interested in how money is related to their spiritual life to attend. Please contact our church office ASAP (telephone (847) 823-4126) and let us know if we may expect you at the supper session.

Fall/Winter service times at St. John Lutheran

Fall/winter services at St. John Lutheran Church, 7429 Milwaukee Ave., Niles are held at 8 and 10:30 a.m. on Sundays. St. John Lutheran offers adult bible classes, a youth group and a children's Sunday School from September through May. For more information, call (847) 647-9867.

Divine Word presents An Evening with Dr. Ron Miller

Dr. Ron Miller presents an evening exploring the hidden life of Jesus. *Where was Jesus Before His Baptism? Qumran and the Hidden Years*, October 10, 7:30-9 p.m. at Divine Word International, 2001 Waukegan Rd., Techy, Cheese and fruit served with lively discussion. Cost: \$12. Call (847) 272-1100 for reservations.

EVAN MEHLENBACHER, CSB Kennewick, Washington, USA



THURSDAY, OCTOBER 12, 200 - 7:30 P.M.
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SUNDAY SCHOOL: 10:30 I.M.
WEDNESDAY MEETINGS: 7:30 P.M.

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MARK CIOLEK

Community Calendar

Benefit Dinner/Auction

The Center of Concern extends an open invitation to the public to attend a benefit dinner/auction on Saturday, November 18, at the Ridgemoor Country Club, Chicago.

The Center's Auxiliary is organizing the event, scheduled to begin at 6:30 p.m. with cocktails and a silent auction. Dinner will be served at 7:30 p.m., with a live auction and grand prize raffle drawing scheduled for 8:30 p.m. The grand prize is a pair of round-trip airline tickets between Chicago to Paris. Second prize is a combination TV/VCR.

Tickets for the benefit are priced at \$50, with raffle tickets at \$10 each or three for \$25. For more information or to order tickets, call The Center of Concern at 847/823-0453.

SINGLES

Good Time Charley Singles Dances
Friday, October 6
8 p.m. "Super Dance Event" at the Ashton Place, 341 W. 75th Street, Willowbrook. Admission \$7.

Saturday, October 7
8 p.m. "Singles Dance Party" at the Garden Chalet, 11000 Ridgeland Avenue, Worth. Optional stickers available at the door. Ladies in for half price before 8:30 p.m. Door Prize. Admission \$6.

Sunday, October 8
8 p.m. at BG Fellows, 5055 W. 111th Street, Alsip. Free Admission Singles Dance with a Free Meal Buffet.

Sun., October 8
Spare Sunday Evening Club
Spare Sunday Evening Club for widowed, divorced and other single adults sponsors a ballroom dance with live music by Hap Holly from 7:30 p.m. to 10:30 p.m. October 8 at the American Legion, 6140 Dempster Street, Morton Grove. Members \$6, guests \$7. (847) 965-5730.

Mon., October 9
20- & 30-Something Jewish Singles TwentySomething & ThirtySomething Jewish Singles Social Club post-Yom Kippur Dance and sign up for the "Magic Moment" Date Book at the Radisson Hotel Lincolnwood, Main Ballroom, 4500 W. Touhy Ave., Lincolnwood, 1 mi. east of 94-41 Edens, Monday, October 9, 7:30-11:30 p.m. Ages 21 to 39 (men to 45), \$10. Mailing list (847) 317-1171.

1st & 3rd Sundays J.S.S. Bowling
Just Social Singles (J.S.S.) sponsors a fun singles bowling league on every 1st and 3rd Sunday of the month starting at 6:45 p.m. taking place at the Brunswick Zone in Deerfield behind the Deerbrook Shopping Center at Lake Cook and Waukegan Roads. You can sign up as a regular league participant, or come occasionally. This is a great way to socialize with friends while meeting people age 21 and up in a casual environment. For details and further information call the J.S.S. Hotline at (847) 579-0755 or write us at J.S.S., P.O. Box 2626, Northbrook, IL 60065-2626.

Parenting program offers advice on wit and wisdom

Maine Township will present a program "Kids Are Worth It: Parenting with Wit and Wisdom" on October 11 at Maine West High School, 1755 S. Wolf Rd., Des Plaines. An internationally recognized author and speaker, Barbara Colorado, will offer solid practical advice for parents of toddlers to teenagers.

Sponsored by MaineStay Youth & Family Services, the program is scheduled for 7:30 to 9:30 p.m. Attendees will learn how to utilize the very stuff of family life, chores, allowance and other elements, to create an environment in which kids can develop their own sense of worth and inner discipline.

The Littleton, Colorado resident will also discuss the keys to good parenting such as treating kids with respect, giving them a sense of positive power in their own lives, giving them opportunities to make decisions and taking responsibility for their actions, and learning from their successes and mistakes. The cost is \$7 for Maine Township residents who register in advance with MaineStay prior to

Free Health Fair

Norridge Healthcare & Rehab - 7001 West Cullom, Norridge, Free Healthfair. FREE - Za Darmo, Thursday, Oct. 19th, 10 a.m. - 3 p.m.

Free Health Screenings: Cholesterol (must fast 10 hours prior to test); Blood Pressure; Accu-checks; Body Fat Screening; Eye Examinations Health & Medical Risk Appraisal; Blood Glucose; Osteoporosis (if you do not have Medicare there will be a \$20 fee for the osteoporosis screening) Free, worth \$500.

October 11 by calling (847) 823-0650. The cost is \$10 for non-residents, and also at the door. Reservations are on a first-come, first-served basis. For further information on MaineStay or other Maine Township activities, agencies and programs, visit the Maine Township website at: www.mainetownship.com

Bagpipe and Drum Class

Bagpipe and Drum Class - The Royal Chicago Scots Band will be teaching a free class of bagpipes and/or drums, beginning in mid October 27. The class will be at Portage Park on the northwest side of Chicago. The class is free and open to all. You do not have to be Scottish or Irish or even a musician to learn, only interested in playing. For further information call (773) 237-8525.

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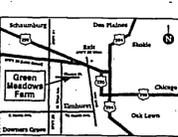
FALL SEASON
September 26th to October 27th



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September 26th to October 27th

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Community Calendar

Treasure Hunt and Silent Auction

A special Treasure Hunt Sale, a Silent Auction and some very nice, newly donated items will be featured at the Fall Used Book Sale, Oct. 13-15, sponsored by Friends of the Mt. Prospect Public Library.

In quality, variety and in the large number of donations, this last public sale of the year will be fun to browse for holiday gifts and personal reading pleasure.

Silent Auction items include things like an autographed, first edition of Truman Capote's *In Cold Blood*; a book of Norman Rockwell prints and a collection of Civil War era periodicals. Other newer or more collectible books will be individually

priced. The Members Only Sale will be 6:30-9:30 p.m. Friday, Oct. 13, but choice items selected for the Treasure Hunt Sale will be displayed in the first floor meeting room which will not open until 7 p.m.

Public Sale hours will be 9 a.m.-4:30 p.m., Saturday, Oct. 14 and noon-3 p.m., Sunday, Oct. 15. There is no admission charge.

New memberships and renewals are available during sale hours and during regular business hours at the Library, 10 S. Emerson (Central Rd. & Rte. 83).

For more information please call the Library (847) 253-5675.

"Real Estate Transactions #101"

The Real Estate Institute now offers "Real Estate Transactions #101" the 45-credit hour pre-licensing course required prior to being able to sit for the Illinois Real Estate Salesperson Licensing Examination.

For those wishing to obtain the Illinois Sales License, this course is available in a convenient self-

study format which includes registration, textbook, audio cassettes, and a computer tutorial. Self-study tuition is \$195. Most students complete this course in 4 to 5 weeks.

For more information or to register, call the Real Estate Institute at (800) 995-1700.

Guided tour of the Max Ernst Exhibit

Nathan Harpaz, curator of the William A. Koehnline Gallery at Oakton Community College, will guide a special tour of the current exhibit by surrealist Max Ernst at 1 p.m. on Wednesday, Oct. 11, at the Des Plaines campus, 1600 E. Golf Road. The tour is free and open to the public.

The tour's theme, "Max Ernst -- The Union of Fantasy and Science," will focus on the artist's involvement in two important movements in modern art history, Dada and Surrealism; his original technique of frottage, the technique of rubbing impressions on the surface texture of a material onto paper; and his approach to science and nature.

The exhibit, which continues through Oct. 20, features two of the artist's most significant graphic works, *Natural History* (1926) and *Maximiliana* (1964), as well as a gouache painting (*Arizona*, 1946), a pencil frottage (*1950*), a rare glass sculpture, etchings and lithographs.

The William A. Koehnline Gallery is open from 10 a.m.-5 p.m. on Mondays, Tuesdays and Fridays, and from 10 a.m.-6 p.m. on Wednesdays and Thurs-

days. For information, contact Nathan Harpaz, Gallery Curator, at (847) 635-2633 or visit www.oakton.edu/news/events/gallery.

Race, Equity and Gender

Nationally acclaimed lecturer, philosopher, author and educator Cornel West, Ph.D., speaks at Northeastern Illinois University (NEIU) at 6 p.m., Thursday, Oct. 12, in Alumni Hall, of the university's Student Union, 5500 North St. Louis Avenue in Chicago.

West, Professor of Religion and Afro-American Studies at Harvard University, will address the topic "Issues of Race, Equity and Gender as We Face the New Millennium."

Part of the university's ongoing Presidential Lecture Series, this event is free and open to the public. A book signing will follow the lecture.

The lecture is sponsored by the university's Workforce Institute for Diversity and Equity in Action Committee. For further information, call (773) 794-ARTS.

Parenting Workshop series

Effective Parenting is a difficult process that is made easier by professional coaching and support from other parents. The Family Life Counselors have designed an ongoing series that will reduce stress and facilitate better communication between parents and children of all ages.

Parents can sign up for any or all of the various workshops. Cost is \$25 for one parent or \$30 per family for each 90 minutes session. Call Family Life Counselors for information and reservations at (773) 763-4999.

Practice Parenting Part I
Sat., Oct. 14th - Your Child's Emotions (Terrible two's to ten); Sat., Oct. 21st - Your Child's Behavior (Terrible two's to ten); 9 - 10:30 a.m. Given by Cheryl Ganser, MA, LCSW.

Thurs., Oct. 26th - Parenting Teens: Avoiding Meltdown; Wed., Nov. 1st - Parenting Teens: Gaining Cooperation 7:30-9 p.m. Given by Susan Borrelli, MFS, LMFT.

Wed., Nov. 8th - Parenting a child with ADHD; Wed., Nov. 15th - Parenting the Strong Willed Child 7:30-9 p.m. Given by Dr. Michael Athans, Ph.D.

*All workshops will be held at: Family Life Counselors' Office -- 7200 N. Osceola, 2nd Floor, Chicago, IL 60631.

An Evening with Frank McCourt

Pulitzer-Prize winning author of *Angela's Ashes* and *Tis, a Memoir*, Frank McCourt will make his only Chicago-area appearance Saturday, October 7 at 8 p.m. at Dominican University Center Stage, 7900 West Division Street, River Forest.

Mr. McCourt brings his humor and sincerity to Center Stage in a poignant look at his life - from his impoverished childhood in the slums of Limerick, Ireland, to his journey back to America, the land of his birth, where for 27 years he taught English literature at a New York inner-city high school. This beguiling storyteller paints a vivid picture of the vulnerable yet invincible spirit in everyone. Tickets for *An Evening with Frank McCourt* are \$40.

Resurrection Craft Show

Resurrection Retirement Community, 7262 West Peterson, Chicago, is holding a Craft Show on Saturday, October 7 from 9 a.m. to 2:30 p.m. Featured will be vintage linens, oil paintings, home-baked goods and much more. There are no stairs and there is ample parking. For information, call 773-792-7930.

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Community Calendar

Midwest Young Artists to host Open House

On Friday, October 13, Midwest Young Artists, Chicago's largest youth music ensemble program, will kick off a gala three-day Open House to unveil its new home in the town of Fort Sheridan, at 878 Lyster Road, just north of Highwood. The public is invited to tour 12,500 square foot facility and listen to the young musicians who rehearse and perform there.

Calendar

Events: Midwest Young Artists, Dr. Allan Dennis, Director, Open House Showcasing Midwest Young Artists Music Ensemble Programs.

Place: MYA, Center at Fort Sheridan, 878 Lyster Road.

Date, times: Friday, October 13, 2000, 7:30-9 p.m. Meet the MYA Family.

Saturday, October 14, 2000, 8:30 a.m.-1:30 p.m. Open Orchestra Rehearsals.

12 noon-5 p.m. Jazz Band Open Rehearsals.

2:30-3:30 p.m. Fred and Teddi Koeh Concert for Young Children.

4:30-5:30 p.m. New Horizons Senior Band Concert.

6:30-8:30 p.m. Pops Chamber Orchestra and Jazz Combo Concerts.

Sunday, October 15, 2000, 1-3 p.m. Chamber Music Recital, 3-5:30 p.m. Alumni Recital, 6:30-8:30 p.m. Open Choral Rehearsal.

Tickets: No Admission
Call: 847-926-9898 or visit: <http://www.MYA.org>.

Oakton to hold Fall Craft Bazaar

Oakton Community College will hold its annual *Fall Bazaar* on Thursday, Oct. 12, from 9 a.m.-4 p.m. at the DesPlaines campus, 1600 East Golf Road.

There is no charge for admission or parking.

Shoppers will find a variety of new merchandise and craft items, including ornaments and other seasonal decorations, 14K gold jewelry, children's books, painted sweatshirts and much more. The proceeds of the fundraiser benefit Oakton's Annuitants Association for retirees.

For more information, contact Bea Cornelissen at (847) 635-1812.

High Five Center selling Entertainment Books

High Five Center is raising funds for program expansion by selling Entertainment 2001 books. Books contain hundreds of coupons for 2-for-1 and up to 50% savings for restaurants, fine dining, attractions, shopping, hotels, golf as well as entertainment and travel. Other values include savings at Dominicks, many fast food restaurants, movie theaters, Northwest Airlines, Continental Airlines, several car rentals, on-line retailers and much more.

Each book is only \$25 and can be used immediately and through November 1, 2001. Chicagoland editions available now are North/Northwest, West/Central, and South/Southwest.

Also, Entertainment Books for other areas throughout the USA are available and prices vary according to location. Out of town orders must be prepaid and are filled within 6 weeks. To order your Entertainment 2001 books for any area, contact Jean Peters at 847-491-7997.

High Five Center provides day care services to adults age 18 and over who have an acquired brain injury and cannot return to school, work or participate in vocational rehabilitation. Socializa-

tion, meeting individual needs and improving the brain injured survivor's quality of life, are essential elements of the program. High Five Center has a program Tuesday and Thursday afternoons in the Senior Citizen Centers of the Flickinger Municipal

Center in Morton Grove. Its target area includes the north and northwest suburbs as well as the north and northwest areas of Chicago. For information, or to volunteer, contact Loretta Gut at 847-966-0312.

Joel Weisman to speak at luncheon

The Greater O'Hare Association of Industry and Commerce will host a Luncheon at Noon on Tuesday, October 10, at the Avalon Banquets, 1905 E. Higgins Road, Elk Grove Village. The featured speaker will be Joel Weisman, host and senior editor of Chicago Week in Review on WTTW-TV Channel 11. Weisman analyzes and assesses the Chicago impact of state, local and national issues with a panel of journalists. Prior to joining WTTW, Weisman served as Midwest Bureau Chief for The Washington Post; metropolitan editor, political-investigative report and columnist for The Chicago Sun-Times; and political editor for Chicago Today.

The luncheon is open to the public with registration and networking beginning at 11 a.m. Costs: \$22 member reservations; \$25 member walk-ins; \$30 non-members. For registration information please call the Greater O'Hare Association of Industry and Commerce at 630-350-2944.

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Police News

Niles

Burglary

A digital color television set, valued at \$2,000 was taken from a car sometime between September 25 and September 27. Someone used a punch type object to gain entry to the car parked in a car dealership parking lot in the 9400 block of Milwaukee Avenue. Entry to the car caused about \$900 worth of damage.

A television and console VCR,

valued at \$200 and a stereo, valued at \$300, were taken from a car parked in a car dealership parking lot overnight September 26. Someone apparently removed the lock on a side door, causing \$500 worth of damage, to gain entry to the car.

A coin tray from the cash register was taken from a business in the 8100 block of Milwaukee Avenue sometime overnight September 25. Police said that someone had thrown a rock through a

front door, smashing the 3-foot by 8-foot glass panel in order to gain entry to the business. Damage to the door was estimated at \$500.

A computer modem and cassette player headphones were taken from a car parked on the street in the 8200 block of West Oak Street sometime overnight September 23. The driver's door window had been smashed.

Computer equipment was sto-

len from a business in the 8700 block of West Dempster Street sometime overnight September 23. Someone had placed a mouse trap inside the door jam of the door to the office complex. Once inside the office building, the intruder went to the second floor and broke a glass window located adjacent to an office door. Inside assorted computer equipment was taken. A complete list of stolen items was not completed at the time of the report.

A long rifle and \$500 were taken from a home in the 8700 block of North Merrill sometime between 6 and 7:40 p.m. September 23. Police said that the homeowners discovered the break-in after they returned from eating dinner out. The service door of the home's attached garage had been broken in. Several rooms and dresser drawers had been ransacked.

Criminal damage to property

Police stopped a 32-year-old Chicago man who tried to hook up his personal phone to a former business's phone lines in order to make long distance phone calls to Poland shortly after 3 a.m. September 23. Police spotted the man at a former restaurant building in the 6900 block of North Milwaukee Avenue. The man told police he was not able to make the connection. The business's owner was not available to determine if charges would be made against the man.

Glenview

DUI

A 32-year-old Northfield man was charged with driving under the influence of alcohol after he tried to park his vehicle and struck the side of a residence instead. Police found the man, who was unhurt, sleeping in his car with his foot on the brake pedal and keys still in the ignition. His blood alcohol content registered .27. The man was also charged with having no insurance and having a blood alcohol content above .08. The incident occurred shortly after 8:30 p.m. September 24 in Northfield. A court date was set for October 19.

A 77-year-old woman was charged with driving under the influence of alcohol about 9:30 p.m. September 22. Police were contacted by Northbrook Police who received a reckless driving complaint from a passing motorist. Glenview Police followed the car which was weaving in the traffic lanes as it traveled southbound on Waukegan Road. The woman was also charged with improper lane use and having a blood alcohol content above .08. A court date was set for October 24.

A 22-year-old DesPlaines man

was charged with driving under the influence after police found the man in the 2300 block of Dewes Street September 23. Police responded to a report of a one-car traffic accident just after midnight. When officers arrived, they found the car left illegally and no driver in the vicinity. The driver returned 10 minutes later and was charged with having a blood alcohol content above .08 and carrying no insurance.

A 29-year-old Rosemont man was charged with driving under the influence after he was stopped in the 9800 block of Milwaukee Avenue about 3 a.m. September 18. The man was also charged with having no valid license, illegally transporting alcohol, failing to signal and improper lane usage. A court date was set for October 20.

A 49-year-old Chicago man was stopped in the 3400 block of East Lake Street about 1:42 a.m. September 21 and charged with driving under the influence of alcohol. The man was also charged with having a blood alcohol content above .08, driving an uninsured motor vehicle and improper lane usage. A court date was set for October 19.

A 26-year-old Glenview man was stopped at the intersection of Greenwood Road and Dell Place shortly before 4 a.m. September 24 and charged with driving under the influence. The man's blood alcohol content was measured at .202.

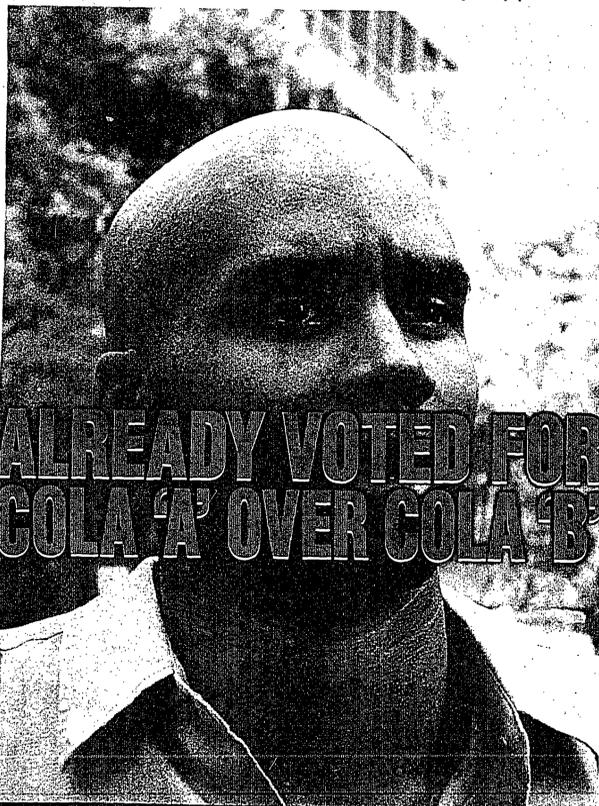
Hit and run

A 30-year-old Wheeling man was charged with leaving the scene of an accident after a minor crash in the 3700 block of Willow Road about 6:30 p.m. September 20. A witness and the victim in the crash both provided a vehicle description that enabled police to find the man. He was arrested by Wheeling Police in his home about 7:30 p.m.

A 22-year-old Chicago man was charged with leaving the scene of an accident after his car reportedly rear-ended a car in the 2400 block of Willow Road about 2:35 p.m. September 20. Police said the man briefly spoke with the other driver, then drove away. He was arrested about 3 p.m. by an Illinois State Trooper. A court date was set for October 10.

A 25-year-old Glenview man was charged with leaving the scene of an accident after he allegedly was involved in a hit-and-run crash at Lake Street and Waukegan Road shortly before 7 a.m. September 21. A court date was set for October 19.

Stop Crime!



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Every Day 4 Soups, 38 Main Entrees
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Sample of Buffet Items Include:

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THE BUGLE CLASSIFIEDS

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
ADMINISTRATIVE		CLERICAL/OFFICE OPPORTUNITIES		COOK
<p>ADMINISTRATIVE ASSISTANT SALES Wells Lamont Industry Group has immediate opening for a Sales Administrative Assistant to perform all secretarial duties for Sales Manager i.e. handling travel arrangements, transcription, via dictaphone, filing, faxing and processing quotes/obtaining pricing information for customers. Duties also include weekly/monthly reports related to sales activity and performance, initiating and maintaining records for sales representatives personnel issues, ordering samples and literature for Distributors, Sales Reps and shows. This person will work with Marketing Department to set up and organize various shows/expos and may be required to fill in for Customer Service Reps. Qualified candidate will be proficient in Microsoft Word, Excel, and Lotus Notes with Powerpoint a plus, be highly organized, self starting, and have excellent written/verbal communication skills. We offer competitive benefits package and business casual dress. Please send resume with salary requirements to: Wells Lamont Dept. JP 6640 West Touhy Avenue, Niles, IL 60714</p>		<p>GENERAL OFFICE Full-Time Now Is The Time To Make That Move. One Of The North Shore's Finest Import Dealers Has The Opportunity You Deserve. Excellent Pay ... Insurance Benefits ... Paid Vacations ... Great Chance For Advancement!!! Skies The Limit ... For An Interview Pick Up The Phone & Call Today!!! (847) 965-8854</p>		<p>A Luxury Retirement Community, Lincolnwood Place, Is Seeking • LINE COOK - FULL TIME To Work 10:30 AM-7 PM Shift Up To \$10/Hour Plus Excellent Benefits Experience Preferred But Not Required Call Chef At: (847) 673-7166 Or Fax Resume To: (847) 673-7185 EOE</p>
<p>ADMINISTRATIVE ASSISTANT Skokie Promotion Company Seeking Detail Oriented, Multi Tasked Person With Excellent Communication & Phone Skills. Computer Experience. \$10/Hour. Call Loretta At: (847) 982-5100</p>		<p>FRONT DESK Full-Time For Busy Doctor's Office In Des Plaines No Weekends No Evenings (847) 298-8470</p>		<p>HIRING EVENT</p>
<p>BANKING OPPORTUNITIES Applying Just Got Easier TELLERS PERSONAL BANKERS Call Toll Free 1-877-252-HIRE (4473) • It's Quick and Easy • Apply 24 hours a Day, 7 days a week www.harrisbank.com EOE M/F/D/V HARRIS BANK. HELPING YOU MAKE BETTER CHOICES We are an equal opportunity employer</p>		<p>GENERAL OFFICE Full or Part-Time Flexible Schedule National distributor in Niles has an immediate opening for an energetic individual. Duties to include data/order entry and various general office duties. Send resume or apply in person to: Revere Mills, Inc. 7313 N. Harlem Avenue Niles, IL 60714 Attn: OFFICE MANAGER</p>		<p>NOW HIRING For our new store in Morton Grove!</p>  <p>If you get excited by Growth...</p>
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THE BUGLE CLASSIFIEDS

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
EDUCATION	EDUCATION	EDUCATION	MEDICAL / HEALTHCARE	MEDICAL / HEALTHCARE
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WE'RE HAVIN A BBQ!! Let's Get Together. Come and check out how much fun you can have working at Bennigan's...

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SALES

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Ability to follow directions and a desire to succeed! FLEXIBLE SCHEDULE Computer and/or photographic experience is an asset.

SALES ASSOCIATE Window treatments. Some experience in window treatments helpful.

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Explosive growth in one of America's premier business development companies requires the immediate addition of a Sales Professional.

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Growing promotional products company is looking for energetic, aggressive salespeople. We offer competitive commission, benefits and support.

Find the help that you need in our classified section.

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SOCIAL SERVICE ASSISTANT Part-time position in non-profit organization serving people with developmental disabilities.

Orchard Village 7670 Marmora Skokie, IL 60077 Fax: 847-679-3909

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Marketing SPORTS MINDED Looking for 5 above average individuals with competitive spirit to help expand new office in northwest suburbs.

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TRADES

Hair Stylist, Assistant Manager and Stylist needed for upscale family hair salon. Good salary - benefits, also health insurance. Full time/part time available.

Your credit is good with us. We accept Visa and Master

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PAINTER Part-Time/2 Evenings A Month! Light Painting For Offices Call Marti: (847) 588-1900				
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PERSONALS				
H.E.L.E.N.A. World Premier Marriage Broker wants to introduce you to a very special lady. <i>If you are single, Jewish, successful, well-educated and looking for your soulmate, I want to introduce you to the most beautiful, Jewish, 39 year old, 5'2", successful, well educated, lady in Chicago for no charge. Please call me at:</i> 1-888-388-0402 Or e-mail at: www.helenamatchmaker@mindspring.com POWERFUL PRAYER TO THE HOLY SPIRIT You who solve all problems, who lights all roads so that I can obtain my goals. You who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank You. R.D. St. Jude's Novena May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. B.D. Never Fail Novena May the Sacred Heart of Jesus be praised, adored, and glorified, throughout the whole world, now and forever. Most Sacred Heart of Jesus, I put my trust in You. Holy Mary, Mother of Jesus, pray for me. St. Theresa, Child of Jesus, pray for me. St. Jude, Helper of Hopeless Cases, pray for me & grant this favor I ask. Say this prayer nine times a day for nine days & publish. B.D.				
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NILES CUB FOOD STORE Is Seeking Experienced Candidates To Fill These Positions: • GROCERY NIGHT STOCKING • RECEIVING CLERK • DAIRY/ FROZEN CLERK Experienced Candidates May Contact: Brendis Loggin @ (847) 647-7991 LOCKER ROOM ATTENDANTS Niles West High School Monday-Friday / 7 AM - 3:30 PM \$9.50 Per Hour School Attendance Days Only (180) Apply To SBM Maintenance Contractors, Inc.-121 E. Fullerton Ave. Addison, IL 60101 Call: (630) 834-4044 Fax: (630) 834-4047 GREAT HARVEST BREAD COMPANY Northbrook, Illinois needs production and delivery help. Part Time/Full Time, Excellent Salary & Benefits. Call Rachel or Petrie: 847-559-0009 WILDLIFE JOBS \$8-19/HOUR + Federal Benefits Park Rangers, Security and Maintenance. No experience for some. For information call: 1-800-461-4987 xBU2 8am-9pm Local not guaranteed CDL Training In Illinois. Train Locally And Work Locally!! After Graduation From P.T.I.S. Job Placement Assistance Available Contact Bill @: 1-800-747-PTIS Try a classified! Call today! 847-588-1900 SECURITY OFFICERS Full time (11pm-7am or 12pm-8am shift) in Niles & Bensenville. Experience preferred but will train. Benefits include major health & life insurance. Call for appointment: (847) 825-1940, Ext. "8" Call Ext. 3 for other full time, part time & weekend locations. Day shifts NOT available anywhere. CHICAGO LOSS PREVENTION *CUSTOMER SERVICE *COUNTER HELP \$6-\$8/Hour + Benefits Full-Time/Part-Time Morton Grove & Park Ridge Stores PRESS THIS! CLEANERS & LAUNDRY (312) 988-9930 Graphics Designer and Production Person for Sign Company. Call: 847-470-8400 POSTAL JOBS \$9-14.27/HOUR + Federal Benefits No Experience. Exam information call: 1-800-461-4987 xBU1 8am-9pm. Local not guaranteed TRAVEL A COOL TRAVEL JOB! • 18 Years & Older • Average Earnings \$400-\$700/week • 2 weeks Paid Training • Outgoing, Friendly Attitude • Entry Level Position • Transportation & Lodging Provided Travel to major cities & resort areas across the USA & beyond... Florida, Chicago, Las Vegas, California, Hawaii, Guam, etc. Have fun in sun & enjoy unlimited income and growth potential. TRAVEL & MAKE MONEY Toll Free 877-646-5050 Monday-Friday 9AM-5PM \$ \$ \$ \$ \$ DO IT NOW!				

USCGC Biscayne Bay



Photo by Pete Mayer
 The BISCAYNE BAY is the fourth vessel of the U.S. Coast Guard's "BAY" class icebreaking tugs. This class vessel was designed to replace an aging fleet of 110' WYTM class cutters and to meet the Coast Guard's icebreaking responsibilities in the Great Lakes into the next century.

This cutter's primary task is opening and maintaining tracks in, and assisting vessels through, the ice-bound shipping lanes of the Great Lakes. Because of the need for larger and stronger icebreakers, BISCAYNE BAY was designed with many new innovations aimed at increasing her icebreaking capabilities.

Greater speed enables BISCAYNE BAY to reach operation areas sooner. Higher freeboard affords greater protection for the men on board. An increased fuel capacity gives this vessel twice as much cruising range as the older vessels, and, with the capability of remaining at sea for 7-10 days continuously, makes her ideally suited to support the broad range of other missions assigned in the Great Lakes. These missions include search and rescue, maritime law enforcement, military readiness, public affairs, and support of other federal, state, and local agencies.

The designed capabilities of this class vessel coupled with the "minimal manning concept" employed, with a crew of only 17, results in a most economical, yet efficient, resource to serve the public.

Five communication tips for small businesses

(NAPS)-There's no need for a small business to be hung up over finding the right communications system.

Selecting the appropriate equipment and services can be as easy as asking the right questions of the people who know.

For example, here are a few questions that were posed to the experts at Sprint:

Q. What are the essential services for small businesses?

A. The basic communications system for a small business will probably include two to four phone lines, a long distance provider, dial up or high-speed Internet access, a messaging service or voice mail service and either a pager or a cell phone.

Q. What types of services should a small business consider outsourcing?

A. Outsourcing services can be costly. A messaging service would be an appropriate candidate for outsourcing, as would building and maintaining a Web site.

Q. Is there a particular Internet solution recommended for small business?

A. Cost is a major consideration. An Internet solution should be selected because it simplifies the day-to-day communications demands of a company.

For example, one comprehensive Internet solution available for small businesses is Spring ION, a network that integrates voice, video, and data onto one platform designed to accommodate growing bandwidths. It also allows businesses to include high-speed Internet access, local and long distance calling on one bill from one provider.

Q. How should a small business think about its communication needs as the business grows?

A. Usually, as a company grows, so do the number of communications tools and systems that it needs to integrate. The key is to select a service provider that can help a company scale its communications, adding components, products and bandwidths as the business grows.

For more information on Sprint's communication products and services, call 1-800-PIN-DROP or visit www.sprintbiz.com.

United States Coast Guard Academy nationwide competition

The United States Coast Guard Academy is now accepting and processing applications to the Class of 2005. Appointments are tendered solely on the basis of an annual nationwide competition with no congressional nominations or geographical quotas. Applications must be submitted to the Director of Admissions prior to December 15, 2000. Candidates must arrange to participate in either the SAT I or ACT prior to or including the December 2000 administration.

Appointments are based on the candidate's high school record, performance on either the SAT I or ACT, and leadership potential as demonstrated by participation in high school activities, community service and part-time employment. Most successful candidates rank in the top quarter of their high school class and have demonstrated proficiency in both mathematical and applied science.

Candidates must be unmarried at the time of the appointment, have no legal obligations, and must have reached the age of 17 but not 23 by July 1, 2001. Candidates must be assured of high school graduation by June 30, 2001.

Coast Guard cadets obtain an excellent undergraduate education at no personal expense. In addition, they receive pay and allowances for living expenses. The Academy curriculum emphasizes engineering and science, leads to a Bachelor of Science degree, and establishes a solid foundation for a challenging career. Graduates of the Academy are commissioned as Ensigns in the United States Coast Guard.

The Academy graduate can look forward to a varied, exciting and demanding career as a regular Coast Guard Officer. Under the Department of Transportation, the Coast Guard performs a variety of missions including search and rescue, maintenance of aids to navigation around the globe, operation of icebreakers, enforcement of maritime law, boating safety, and marine environmental protection. Selected officers may pursue further postgraduate education in such fields as aviation, business administration, electronics, engineering, law and oceanography.

To obtain an application or for further information: visit our Website at www.cga.edu; call 1-(800)-883-8724; write Director of Admissions, U.S. Coast Guard Academy, 31 Mohegan Avenue, New London, CT 06320.



The full name of Los Angeles is *El Pueblo de Nuestra Señora la Reina de los Angeles de Porciuncula*.

It is always easier to believe than to deny. Our minds are naturally affirmative.
 —John Burroughs

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Leaf pick-up ...

Continued from Page 1
 following dates:
 • October 16th
 • October 30th
 • November 13th
 Loose leaves should be raked into the curb by Monday of the pickup week and be free of foreign materials such as grass, branches, plants and rocks. Leaves will not be collected if they are placed in plastic bags or boxes - all leaves must be loose. Leaves placed for pickup on the appropriate Monday morning will be picked up during that week not necessarily that Monday. To provide the leaf collec-

tion equipment better access to the streets, residents are encouraged to park vehicles in garages or driveways. Residents choosing to bag their leaves may purchase yard waste stickers (\$1.00 each), and place the sticker on the paper yard waste or a 35 gallon garbage can used for disposal. The container should be placed at the curb for collection on the regularly scheduled garbage pickup day.

Please contact the Public Services Department at 588-7900 should you have any questions regarding this service.

Drug ...

Continued from Page 1
 Two positions were filled with the swearing-in of Trustee Larry Gomberg, who replaced Don Snieder, and the mayoral appointment of Timothy Angell as Economic Development Director.

Gomberg took his oath of office, officiated by Judge Jerome Orbach, in the presence of his wife Diane, their twin sons and daughter. Gomberg will serve as liaison with the building and inspection services department, environmental health board, the traffic safety commission, and the county solid waste agency. Angell brings to his post a decade of service in the public sector, most recently as Economic Development Coordinator in Bartlett, IL and prior to that as a senior

Dance ...

Continued from Page 1
 private instructions in her basement for about four years.
 "Because of the (lack of) space, we haven't been able to teach groups," said De La Cruz, who hopes to open the studio this November. She plans to offer class levels ranging from beginning to advanced but said that there are no plans to prepare students for competitive dancing.

"This is mainly for social dancing," she said.
 Citing past incidents, Commissioner Angelo Troiani stipulated that the recommendation only be granted so long as students would not be required to sign any binding contracts.

Morton Grove Group of Hadassah

The Morton Grove Group of Hadassah will have its Luncheon meeting on Wednesday October 18, 2000, 11:30 a.m. at the Crystal Palace, 2648 Dempster, Des Plaines.
 Our entertainment program will feature the talented Mr. Dick Anderson who will perform *The Wit and Wisdom of Will Rog-*

ers. Mr. Anderson has a rich & powerful voice, and is an opera singer as well.
 Don't miss this enjoyable afternoon of wonderful entertainment, and being with your Hadassah friends.
 Reservations a must, please call 847-433-6350.

Oakton receives awards from GFOA

For the fourth consecutive year, Oakton Community College has received three prestigious awards from the Government Finance Officers Association of the United States and Canada (GFOA). The College is one of only two institutions of higher learning in the nation to win all three awards in one year.

In May, Oakton received the GFOA Certificate of Achievement for Excellence in the nation to win all three awards in one year. Financial Reporting for its Comprehensive Annual Financial Report for the fiscal year ending June 30, 1999. This award is the highest form of recognition in the area of government accounting and financial reporting. It is the College's ninth consecutive award in this category.

In June, Oakton received its fourth consecutive award for the Outstanding Achievement in

Popular Annual Financial Reporting for its 1999 Annual Report to the Community. This national award recognizes the document's creativity, clarity and reader appeal.
 Oakton also receives its eighth consecutive Distinguished Budget Presentation Award -- the only national award program in governmental budgeting -- for the fiscal year ending June 30, 2000.

"We are honored to once again accept this award," says David Hilquist, vice president for business and finance at Oakton. "Our primary goal is to produce the best financial statements for the Oakton community. Receiving the recognition of such a prestigious organization as the GFOA is a valued bonus." The GFOA, a nonprofit association of more than 12,000 members, promotes the professional management of government financial resources.

Eating breakfast leads to good school performance

Just a few minutes at the breakfast table can fuel a child with the energy and nutrients he or she needs to perform well in school.

It may be surprising to learn that many children do not eat breakfast. According to the American Dietetic Association (ADA), as many as one out of six fifth-graders skip breakfast and older children are more likely to skip breakfast than younger children. What many parents do not know, is that skipping breakfast can have a direct effect on their child's school performance. ADA says children who eat breakfast are less likely to miss class or be tardy than those children who do not. A child who has the energy and nutrients that come from breakfast will go to school ready to learn. Those children who skip their morning meal will be hungry, lack energy and are not likely to reach their full learning potential.

A good, balanced breakfast provides children foods that give them energy, protein and good sources of zinc, iron and calcium. Rees says a balanced breakfast should include two servings from the bread and cereal group, a serving from the fruit group and a serving from the dairy group. Parents should use the USDA's Food Guide Pyramid as a guideline to make sure children are receiving the right amount of energy, protein and nutrients to perform well in school.

Parents should make breakfast "family time." Eating breakfast together allows parents and children to have the quality time that is often forgotten in today's fast-paced society. Just a few minutes together each morning can provide important time for family members to discuss what is hap-

pening in their lives.
 On mornings when it is impossible for families to eat breakfast together, parents should encourage their children to eat breakfast at school. Eating breakfast at school can provide a child with an important opportunity for social interaction. Many children like to eat with their friends, so school is another way they can start their day with a meal. Many schools have breakfast programs. Parents can call the local school to see if they offer a breakfast program.

Parents can find helpful nutrition information at the www.kidseatwell.org web site. This web site is full of important information related to their child's diet and nutrition needs. Parents can find tips on how to feed a picky eater, learn to make wise fast food choices and plan nutritious snacks for school events. It also has other links to sites that have accurate, solid nutrition information. Children will find the site fun. It has games and activities related to diet and good nutrition. Some web sites on the Internet offer inaccurate information, or present a biased point of view, but Rees is committed to maintaining a web site and recommending links only with sites featuring accurate information from experts with the public's best interest at heart.

For more information on www.kidseatwell.org or good breakfast nutrition please call Deborah Rees at 1-800-466-7998 or e-mail her at drees@mail.isbe.accessus.net.



Understanding today's mutual funds

(NU)-Last year, a record number of mutual fund investors achieved unusually strong returns on their investments. In fact, many fund investors have enjoyed strong investment gains for years.

It is important to maintain realistic expectations about the performance of your mutual funds and the financial markets. Lately, the stock markets have moved up and down sharply, sometimes in a single day. Certain parts of the markets have performed exceedingly well while others have not. In such an unstable market environment, some investors may be tempted to assume risk beyond their tolerance or chase short-term performance.

Investors, especially those investing for long-term goals, such as retirement or a child's education, should keep recent market movements in perspective, financial experts advise. Investors should also identify their tolerance for risk and invest in a manner consistent with their long-term investment goals.

Financial experts believe the following basic rules of investing will help you build and maintain a successful long-term investment program:

- Diversify your investments.
- Understand the relationship between risk and reward.
- Remember that past performance does not guarantee future results.
- Keep short-term market movements in perspective.

Throughout the country, 83 million Americans have turned to mutual funds to build their net worth and save for retirement. If you're looking to invest some of your money, a mutual fund offers a simple, accessible and affordable choice.

Another significant advantage of mutual funds is the complete disclosure shareholders receive about their investments, including information about the costs associated with those investments. It pays to establish your financial goals and create an investment plan as early as possible. The sooner you begin investing, the longer your money has to help you reach your long-term financial goals.

To find out more about mutual funds, visit the Investment Company Institute at www.ici.org.

Robert F. Zatlín

Marine Corps Lance Cpl. Robert F. Zatlín, son of Marilyn L. and Harry Zatlín of Glenview, recently returned from a six-month deployment to the Mediterranean Sea and Arabian Gulf while assigned to the 24th Marine Expeditionary Unit (MEU), home based at Camp Lejeune, N.C. Zatlín, a 1997 graduate of Maine Township High School East, Park Ridge, joined the Marine Corps in August 1997.

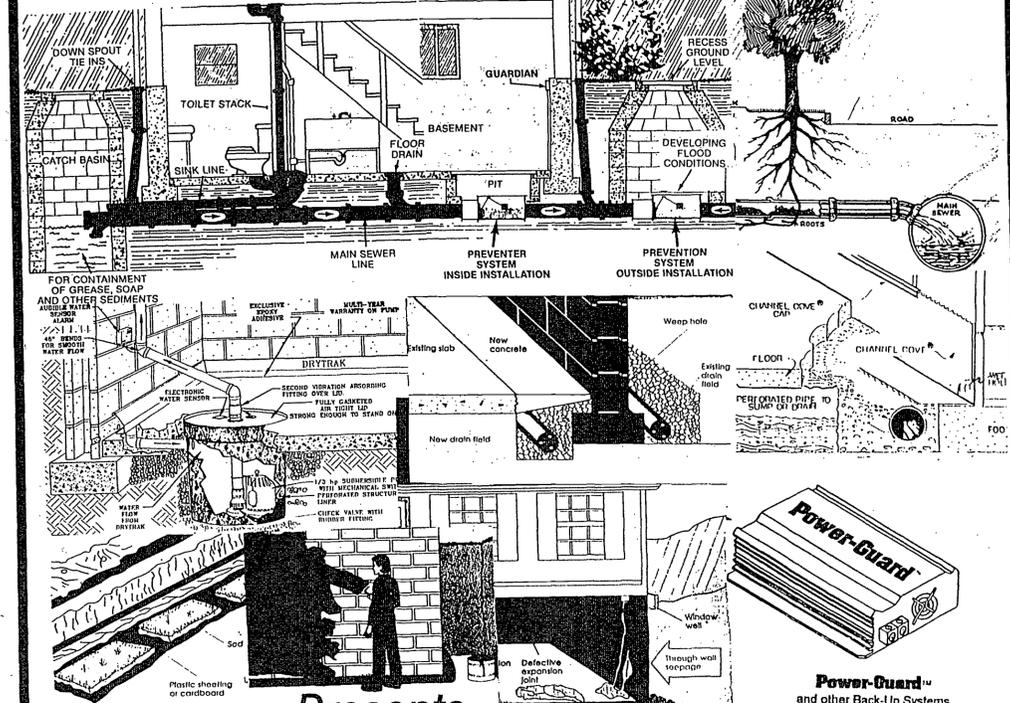
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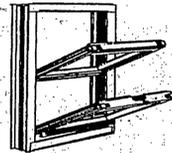
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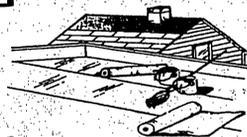
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